

**PCT**WORLD INTELLECTUAL PROPERTY ORGANIZATION  
International Bureau

## INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

<b>(51) International Patent Classification <sup>6</sup> :</b> <b>A61K 35/00</b>	<b>A2</b>	<b>(11) International Publication Number:</b> <b>WO 98/40086</b> <b>(43) International Publication Date:</b> 17 September 1998 (17.09.98)
<p><b>(21) International Application Number:</b> PCT/GB98/00708</p> <p><b>(22) International Filing Date:</b> 10 March 1998 (10.03.98)</p> <p><b>(30) Priority Data:</b>          9704904.3      10 March 1997 (10.03.97)      GB</p> <p><b>(71) Applicant (for all designated States except US):</b> THE RILEY FLETCHER FOUNDATION [GB/GB]; Hollyhurst, Church Street, Hampton Lucy, Warwickshire CV35 8BD (GB).</p> <p><b>(72) Inventors; and</b>  <b>(75) Inventors/Applicants (for US only):</b> FLETCHER, Jane, Clarissa [GB/GB]; Hollyhurst, Church Street, Hampton Lucy, Warwickshire CV35 8BD (GB). RILEY, Michael, James, Hargreaves [GB/GB]; Hollyhurst, Church Street, Hampton Lucy, Warwickshire CV35 8BD (GB).</p> <p><b>(74) Agent:</b> BANNERMAN, David, Gardner; Withers &amp; Rogers, 4 Dyer's Buildings, Holborn, London EC1N 2JT (GB).</p>		<p><b>(81) Designated States:</b> AL, AM, AT, AU, AZ, BA, BB, BG, BR, BY, CA, CH, CN, CU, CZ, DE, DK, EE, ES, FI, GB, GE, GH, GM, GW, HU, ID, IL, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MD, MG, MK, MN, MW, MX, NO, NZ, PL, PT, RO, RU, SD, SE, SG, SI, SK, SL, TJ, TM, TR, TT, UA, UG, US, UZ, VN, YU, ZW, ARIPO patent (GH, GM, KE, LS, MW, SD, SZ, UG, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, CH, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, ML, MR, NE, SN, TD, TG).</p> <p><b>Published</b>  <i>Without international search report and to be republished upon receipt of that report.</i></p>
<p><b>(54) Title:</b> ESSENTIAL OIL COMPOSITION</p> <p><b>(57) Abstract</b></p> <p>The application relates to new medicinal and cosmetic compositions comprising essential oils in combination with herbs and/or spices. The compositions may be used orally or topically.</p>		

**FOR THE PURPOSES OF INFORMATION ONLY**

Codes used to identify States party to the PCT on the front pages of pamphlets publishing international applications under the PCT.

AL	Albania	ES	Spain	LS	Lesotho	SI	Slovenia
AM	Armenia	FI	Finland	LT	Lithuania	SK	Slovakia
AT	Austria	FR	France	LU	Luxembourg	SN	Senegal
AU	Australia	GA	Gabon	LV	Latvia	SZ	Swaziland
AZ	Azerbaijan	GB	United Kingdom	MC	Monaco	TD	Chad
BA	Bosnia and Herzegovina	GE	Georgia	MD	Republic of Moldova	TG	Togo
BB	Barbados	GH	Ghana	MG	Madagascar	TJ	Tajikistan
BE	Belgium	GN	Guinea	MK	The former Yugoslav	TM	Turkmenistan
BF	Burkina Faso	GR	Greece		Republic of Macedonia	TR	Turkey
BG	Bulgaria	HU	Hungary	ML	Mali	TT	Trinidad and Tobago
BJ	Benin	IE	Ireland	MN	Mongolia	UA	Ukraine
BR	Brazil	IL	Israel	MR	Mauritania	UG	Uganda
BY	Belarus	IS	Iceland	MW	Malawi	US	United States of America
CA	Canada	IT	Italy	MX	Mexico	UZ	Uzbekistan
CF	Central African Republic	JP	Japan	NE	Niger	VN	Viet Nam
CG	Congo	KE	Kenya	NL	Netherlands	YU	Yugoslavia
CH	Switzerland	KG	Kyrgyzstan	NO	Norway	ZW	Zimbabwe
CI	Côte d'Ivoire	KP	Democratic People's	NZ	New Zealand		
CM	Cameroun		Republic of Korea	PL	Poland		
CN	China	KR	Republic of Korea	PT	Portugal		
CU	Cuba	KZ	Kazakhstan	RO	Romania		
CZ	Czech Republic	LC	Saint Lucia	RU	Russian Federation		
DE	Germany	LJ	Liechtenstein	SD	Sudan		
DK	Denmark	LK	Sri Lanka	SE	Sweden		
EE	Estonia	LR	Liberia	SG	Singapore		

## ESSENTIAL OIL COMPOSITION

The invention relates to medicinal and cosmetic compositions comprising an essential oil in combination with at least one spice and/or at least one herb. Such compositions may be taken orally or may be absorbed through the skin.

Essential oils have been used for thousands of years in aromatherapy. The ancient Chinese are generally acknowledged as the founders of aromatherapy, but it is more than likely that quite early in the history of civilisation man had realised that certain aromatic plants could help restore his health. Aromatic substances were also used by the ancient Egyptians and Ancient Greeks as medicinal perfumes.

In the 10th century the Arabs were extracting essential oils from aromatic plants and using them medicinally. The Knights of the Crusades brought aromatic essences and waters back to Europe from the Middle East and they became so popular that perfume began to be manufactured and was well established by the end of the 12th century. The importance of aromatic plants for other purposes was realised early. When the bubonic plague reached England around the middle of the 14th century, fires were ordered in the streets at night, burning aromatic

frankincense and pine; indoors, incense and perfumed candles were burnt to combat infection and disguise the stench of death; pomanders made from aromatic gums and resins were worn on ribbons round the neck to protect the wearers from the dreaded Black Death.

By the turn of the 18th century essential oils were widely used in medicinal preparations and Salmon's dispensary of 1896 contains recipes for numerous aromatic remedies. In the 19th century, essential oils were subjected to more scientific investigation, and it was discovered that some of them could be synthesised from other materials. As it is always quicker and cheaper to produce the laboratory versions than natural plant extracts, true essential oils began to fall from favour. Today, many of our medicines and perfumes contain so-called essential oils, though often they are mere imitations; while synthetics may smell like the real thing, they do not possess the same therapeutic properties.

### Essential Oils

Essential oils are highly scented droplets found in minute quantities in the flowers, stems, leaves, roots and barks of aromatic plants. They are not true oils in the manner of lubricant vegetable oils, but highly fluid

and exceptionally volatile.

Essential oils are complex mixtures of different organic molecules - terpenes, alcohols, esters, aldehydes, ketones and phenols. Synthetic oils are usually made from one or more of the constituents predominant within a particular essential oil; menthol, for example, often substitutes for mint and eucalyptol for eucalyptus. However, there are sound reasons for believing that it is the interaction between each and every component that gives an essential oil its particular character and unique therapeutic properties.

The chemical composition of an oil is related to the time of day, the month or the season. Jasmine develops a strongly scented indole molecule at midnight when it is particularly intoxicating, and it is important to gather the petals at exactly the right moment. There are good years and bad years for essential oils as there are with wines. Some commercial producers have discovered that they can improve the quality of a poor yield by adding certain components and that an expensive oil like rosemary can be adulterated, without altering its aroma, by adding 30-40% of camphor which is considerably cheaper for the perfume industry. Such adulteration may be commercially

acceptable but it might well alter the therapeutic properties of the oil. It is important to try to ensure that essential oils come from reputable sources and are as pure as possible.

Experts recognise an essential oil by its aroma and check its composition by a process called Gas Liquid Chromatography. Colour can also be an indicator; eucalyptus is colourless, chamomile varies from white to blue and others, like basil and sandalwood (both light greenish-yellow), are in pastel shades. Yet others are richly pigmented, like jasmine, a deep reddish-brown, patchouli, brown, and rose, orange-red.

### **Extraction of the Oils**

Essential oils may be extracted from plants in a number of ways. One of the oldest methods is distillation, practised in ancient Persia, Turkey and India thousands of years ago. The Egyptians were preparing essence of cedarwoods for embalming and other purposes around 2000BC; the wood was heated in a clay vessel covered by a screen of woollen fibres through which the steam had to pass. The essence was obtained by squeezing out the impregnated wool.

The Arabs are credited with having popularised distillation in the late 10th century. They began with extract of rose petals then experimented with other aromatic materials. Today, distillation remains the most commonly used means of extracting essential oils.

Other methods include *enfleurage*, often used for delicate petals like jasmine and tuberose; maceration, for tougher flowers and leaves, roots and bark; solvent extraction, the preferred method for gums and resins like myrrh and galbanum; and hand expression, chiefly employed for squeezing the highly aromatic oils from thick-skinned citrus fruit like oranges, tangerines and lemons.

### **The Properties and Uses of Essential Oils**

Essential oils possess numerous properties which make them useful for treating many of our most common health and beauty troubles.

Professor Paolo Rovesti, Director of the Istituto Derivati Vegetali in Milan, has studied the effect of essential oils on the psyche and found that they can be useful in the treatment of anxiety and depression. He recommends ylang-ylang, citrus oils, jasmine, basil, patchouli and

peppermint for treating general depression, geranium, lavender and bergamot for treating fear and anxiety, and peppermint, rose and carnation for improving concentration and eliminating lethargy. Sprayed into the air, these oils also have immediate and long-lasting effects.

The reasons for these reactions are as yet unclear, but it is known that odour molecules are perceived by thousands of tiny nerve cells in the nose and that each of these nerves is connected to that part of the brain which is concerned with emotional drives, creativity and sexual behaviour. This could explain why certain perfumes make us feel happy, why some essences, like jasmine and rose, have a reputation for being aphrodisiac and why unpleasant smells, like petrol fumes, can induce depression. While pure essential oils appear to have a positive influence on the psyche, it is doubtful that synthetic ones work in the same way.

Spices are conventionally used as flavourings in, for example, Indian or Thai dishes. Spices are usually the dried, aromatic parts of plants, generally the seeds, berries, roots, pods and sometimes leaves and flesh, which mainly, but not invariably, grow in hot countries.

The medicinal uses of spices in the past were often indistinguishable from their culinary uses, particularly so in mediaeval times, when apothecaries prescribed herbs and spices not merely for digestive problems, but for all types of ailments. Hot spices, such as pepper, were regarded as an appetite stimulant and a digestive aid; asafoetida, now known only in Indian cookery, was used by the Romans as a healing ointment, an antidote for snake bites, and an cure for gout, cramps, pleurisy, and tetanus; spiced salts were made with ginger, pepper, cumin, thyme and celery seed which were good for the digestion, promoting regularity and preventing all sorts of illnesses, plagues and chills; and citron seeds were given to pregnant women to relieve nausea. Roman and mediaeval writers also believed the fennel helped to promote and restore good vision and it was at one time a cure for obesity.

Chinese herbal medicine has been known in China for several thousands of years. Only recently, however, has it become recognised in the West that Chinese herbs may be used to treat medical conditions.

The inventors have unexpectedly found that it is possible to combine

essential oils with naturally occurring spices and/or herbs to produce medicinal compositions which may be taken orally or which may be directly absorbed through the skin. Compositions of the invention may be used to treat a surprising range of illnesses.

Such compositions are especially important with the move by many members of the public towards more "natural" treatments, which do not use artificial medicines.

Accordingly a first aspect of the invention provides a medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or herb. Preferably the spice is an "Indian spice" as defined herein. The herb is preferably a "Chinese herb" as defined herein.

Preferably the composition comprises an Aloe vera extract. This is the preferred delivery vehicle for the essential oil and spice and/or herb. It is preferred since it is readily accepted by the body and has not been found to produce allergic reactions or side effects. Preferably the extract is concentrated.

The composition may comprise a honey product such as royal jelly or bee propolis. Royal jelly and bee propolis have been used for many years to treat a wide range of conditions and as nutrient supplements.

Indian brandee may also be incorporated with the composition. Indian brandee has been used for many years as to relieve flatulence and colic. Its main ingredients are rhubarb tincture, capiscum tincture, ethanol, cochineal and methyl hydroxybenzoate.

The composition may also comprise one or more flavourings, such as blackcurrant concentrate, vitamins, amino acids and minerals.

Examples of vitamins include Vitamin C and Vitamins E and D, which may be in the form of alpha-tocopherol. Inositol, pepsin, selenium methionine, soya isolate, trace mineral clay, whey protein, zinc amino acid chelate and individual amino acids such as lysine may be used. Enzymes, such as plant extracts comprising enzymes may also be incorporated.

The essential oils, spices, herbs and vitamins and amino acids preferably used within the invention are shown in Tables 1 to 4.

Preferably the compositions comprise one or more essential oils selected from:

- (a) bergamot, chamomile german, chamomile maroc,  
chamomile roman, cinnamon zeylanicum, clove  
buds, eucalyptus globulus, frankincense,  
fennel, hyssop, juniper, lemon grass, mountain  
savoury, niaouli, red thyme, rosemary, rose  
geranium, tagestes and ylang ylang.

The compositions may comprise one or more Chinese herbs selected from:

- (b) acacia catechu, acanthopanax gracilistylus,  
caesalpinia sappan and epimedium spinosa.

Preferably the compositions comprise one or more spices selected from:

- (c) asapoetidia, coconut, coriander, fenugreek and  
horseradish.

Preferably the composition comprises all of the oils, herbs and spices from lists (a), (b) and (c). This combination has been found to especially improve the effectiveness of the compositions.

Compositions of the invention may be used in combination with alternative methods of treatment such as aromatherapy, Bach flowers therapy, reflexology, acupuncture and/or the Alexander technique, all of which are known in the art.

The invention may be used orally or topically. Accordingly the invention preferably provides tablets or capsules comprising the compositions of the invention for oral administration.

Compositions for topical administration comprising the compositions according to the invention are also provided.

The invention further provides the use of a medicinal composition according to the invention for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.

The use of cosmetic formulations according to the invention are also provided for skin care and/or weight management.

aromatherapy and/or reflexology and/or physiotherapy to produce enhanced results.

Essential oils are typically extracted by steam distillation, expression (hard pressing) or maceration, as indicated in Table 1. Such techniques are well known in the art.

Spices are preferably selected from Table 2.

## **CHINESE HERBS**

### **Herbs and Their Properties**

In China the herbs used are gathered from the wild by hand. The best ones grow far from human habitation, and the herbalists who gather them will also be botanists, explorers, climbers and environmentalists. They need to be able to identify the relevant herb in all stages of its development, know where the finest ones grow, be able to get to the plants even when they grow in highly inaccessible places, know how much they can take without threatening a particular species, and always be on

TABLE I

13

ESSENTIAL OILS	
Aniseed Basil Benzoin Bergamot Black Pepper Camphor Carrot Cedarwood Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Cypress Dill Eucalyptus Globulus Fatigue Fennel Frankincense Ginger Grand Fir Grapefruit Grapeseed Hazel Hyssop Jojoba Juniper Juniper Berry Lavender Lemon Lemon Grass Melissa Mountain Savoury Myrtle Red Neroli Niaouli Patchouli Peppermint	Pine Red Myrtle Rescue Remedy Rose Geranium Rosemary Sandlewood Spanish Marjoram Sweet Marjoram Sweet Thyme Tagetes Tea Tree Thyme Red Thyme Sweet Ylang Ylang

TABLE 2

## SPICES

Allspice  
 Allspice Ground  
 Anise Star  
 Aniseed  
 Arrowroot  
 Arrowroot Ground  
 Asafoetida  
 Caraway Ground  
 Cardamom  
 Cardamom Seeds  
 Carob  
 Cassia  
 Cassia Bark  
 Cayenne Pepper  
 Celery Salt  
 Chilli  
 Chilli Powder  
 Cinnamon  
 Cinnamon Ground  
 Cinnamon Sugar  
 Cloves  
 Cloves Ground  
 Coconut Cream Block  
 Coconut Ground  
 Coconut Powder  
 Coriander  
 Coriander Ground  
 Cream of Tartar  
 Cumin  
 Dill  
 Dill Seeds  
 Dutch Caraway  
 Fennel  
 Fennel Powder  
 Fenugreek  
 Fenugreek Powder  
 Garlic  
 Ginger  
 Horseradish  
 Horseradish Ribbled  
 Juniper Berries  
 Laos  
 Laos Powder  
 Lemon Grass  
 Mace  
 Mace Ground

Mango Powder  
 Mixed Spices  
 Mixed Spices - Sweet  
 Mushroom  
 Mustard Seed Black  
 Mustard Seed Yellow  
 Nutmeg  
 Nutmeg Powder  
 Onion  
 Orris Root  
 Paprika - Sweet  
 Slippery Elm  
 Tamarind Block  
 Turmeric

the look-out for new sources and new species.

They are mostly imported from Hong Kong, although some come from mainland China via Beijing and Shanghai. Increasingly, as China opens its doors to the West, better access will be granted for importing herbs.

Some herbalists import their herbs directly, while others purchase them from Chinese herbal cash and carry stores in the West or from mail order suppliers.

Examples of Chinese herbs which may be used in the invention are listed in Table 3.

### **Preservation**

Once the herbs have been collected from the wild they need to be treated so that they will keep their essential qualities during storage. They are always washed and dried. The method of drying varies depending on the particular herb and what it is going to be used for. They may be sun-dried or dried in a clay oven, alone or with other herbs. Sometimes they are dried with minerals such as sulphur, which bleaches them and also acts as

HERBS
-------

Ba Ji Tian  
Bai Dou Kou  
Bai Gou  
Bai Guo Ye (Ginkgo)  
Bai He  
Bai Ji Tian  
Bai Jiang Cao  
Bai Zhi  
Bai Zhu  
Ban Xia  
Bi Ji Tian  
Bo He  
Bladderwrack  
Boswellia Serrata  
Bu Gu Zhi  
Cang Er Zi  
Chai Hu  
Chamaelirium Lurea  
(False Unicorn)  
Chan Tiu  
Che Qian Cao  
Che Qian Zi  
Che Quian Cao  
Chen Xiang  
Chi Shao Yao  
Chuan Lian Zi  
Da Huang  
Da Zao  
Dan Shen  
Dang Gui (Dong Quai)  
Dang Shen  
Du Zhong  
Echinacea Angustifolia  
Er Cha  
Fan Xie Ye (Senna)  
Fu Ling  
Fu Pen Zi  
Gao Ben  
Garcinia Cambogia  
Ge Gen  
Gou Qi Zi (Lycium)  
Gou Teng  
Guaiacum Wood  
Gui Ban  
Guo Teng  
Guo Ye (Ginkgo)  
He Zi  
Horsetail

## HERBS

Hu Huang Lian	Ting Li Zi
Hu Po	Wang Bu Liu Xing Guo
Hua Jiao	Wu Bei Zi
Huai Jiao Zi	Wu Jia Pi
Huang Lian	Wu Yao
Huang Qi	Xian He Cao
Huo Ma Ren	Xing Ren
Ji Xue Feng	Yan Hu Suo
Jiang Can	Yang Rong Wan
Jie Geng	Ye Ju Hua
Jin Quian Cao	Ye Tu Hua
Jin Yin Hua	Yi Mu Cao
Jin Ying Zi	Yin Yang Huo
Lian Zi	Yohimbe
Lian Zi (Red)	Zhen Zhu Mu
Long Yan Rou	Zhi Mu
Lu Jiao Shuang	Zhi Zi
Ma Dou Ling	
Mai Men Dong	
Mai Ya	
Man Jing Zi	
Mao Zhao Cao (Cats Claw)	
Maté Leaf	
Mexican Yam Root	
Milk Thistle Seed	
Mu Den Pi	
Mu Hu Die	
Mu Li	
Mu Tong	
Niu Bang Zi	
Qu Jie	
Qiang Huo	
Rou Cong Rong	
Salix Alba (White Willow)	
Sang Ye	
Shan Zha	
Shen Jin Cao	
Sheng Ma	
Shiu Niu Jiao Si	
Shu Di Huang	
Spirulina	
Su Mu	
Su Zi (Zi Su Zi)	
Suan Zao Ren	
Tian Ma	
Tian Nan Xing	

a preservative. Occasionally you may hear of herbs being treated. This means that, after drying, they are stir-fried with angelica and milk vetch to enhance their properties. Some may also be buried in the ground to absorb moisture, or cooked in a clay pot with rice wine or honey to increase their potency.

### **Cutting up Herbs**

Before or after they have been dried, the herbs will need to be cut up using a herb chopper. When this is done depends on the herb and its eventual usage. There are several ways of cutting herbs. Large roots are often sliced across at 90 degrees, which gives them a round cross-section, while smaller ones are cut at an angle to give a larger surface area. Some herbs are chopped very finely and compressed into a cake.

Some herbs have to be ground to a powder and this is done using a mortar and pestle with a lid, to avoid the loss of powder during crushing.

### **Storage**

Traditionally, herbs would be stored in clay pots after preservation and

cutting up. The shape of the clay pots and whether they were covered or uncovered depended on the herbs. The Chinese have always used clay pots, because clay was the simplest and cheapest material to get hold of and also because, when glazed and therefore non-absorbent, it helped to keep the properties of the herbs intact.

Modern herbalists increasingly use glass jars and bottles for herb storage, but still rely on wooden drawers for the bulk of their stocks because this is the easiest and most convenient method of dispensing them. These drawers are rarely labelled, as the herbalist is completely familiar with their contents. Since the drawers are arranged according to meridians and properties it would be hard for the herbalist to make a mistake that would result in a herb of a totally different type being dispensed.

### **Freshness of Stocks**

However the herbs are stored, herbalists will check them periodically for mould and other signs of decay.

Herbs may need to be retreated - that is, washed and boiled, redried and, where necessary, freshly treated with angelica again in the same way that

fresh herbs are.

### Weighing Herbs

Because it is so expensive, ginseng is weighed in very sensitive scales which have divisions of 0.1 of a gram.

Other herbs do not need quite such accurate scales, and larger ones can be used. These are accurate to within approximately 3 grams. Both sorts of scales are used by holding one of the strings near the pan and adjusting the weight on the rod.

Metric weights have been used for convenience, but Chinese herbalists use Chinese weights. Their names and metric equivalents are given below.

1 fan		= 0.3 grams approx
10 fan	= 1 qin	= 3 grams approx
10 qin	= 1 lian	= 30 grams approx
16 lian	= 1 jin	= 480 grams approx

Whenever scales are used, the weight given is always that of the herb before any stir-frying which may be specified on the prescription. The

herbs may be fried in honey, water or rice wine, or 'burned' until black in a red-hot wok. These treatments naturally change the weight of the herb, and it is not unknown for patients to weight their herbs afterwards and mistakenly complain that they have been short-changed by the herbalist.

### **Boiling and Steaming**

As soon as possible after collection, the herbs are boiled in clay pots. These come in a variety of shapes and sizes much like Western saucepans. It used to be traditional to throw away all pots used in medicinal preparations on the Chinese New Year's Eve. But few herbalists in the West can afford to do this now, especially since some of the decorated pots are extremely expensive.

Steam pots are used a lot for medicinal foods. The ingredients are added to the pot, after which both lids are put on and fastened by a string which passes through the handles. The pot is then placed in a larger pot of boiling water. The herbs and other ingredients are gently cooked by the rising steam without losing any valuable elements which might otherwise be boiled out.

**Properties of Commonly Used Chinese Herbs**

In the following lists the Chinese name has been used, along with the botanical name and the Western common name where possible. (Some Chinese herbs are not native to the West and have no corresponding Western name so in these cases the literal English translation has often been included.) Most of the herbs described here can be used in their fresh state, but they can all be ordered as dried herbs. Dosages given are standard ones from which herbalists would raise or lower according to the individual. It is interesting to note that many of the Chinese names have suffixes denoting parts of the plant, for example: hua/flower; pi/cortex or peel; ren/seeds; ye/leaf; zi/fruit or seeds. The dosage refers to the total dose over the course duration.

<b>Bai Shao</b>	<i>Paeonia lactiflora</i> , <i>P. obovata</i>	White peony root
<b>Part used:</b>	root, sliced	
<b>Meridian:</b>	liver	
<b>Taste:</b>	sweet	
<b>Usage:</b>	for abdominal pains after childbirth combine with Dang Gui ( <i>Angelica sinensis</i> /Chinese angelica), Chuan Xiong ( <i>Ligustrum wallichii</i> /Szechuan lovage root) and Hong Hua ( <i>Carthamus tinctorius</i> /safflower).	
<b>Dosage:</b>	6-15g	
<b>Note:</b>	Do not use with black false hellebore ( <i>Veratrum nigrum</i> )	
<b>Bai Zhu</b>	<i>Atractylodes macrocephala</i>	Attractylodes
<b>Part used:</b>	root	
<b>Meridians:</b>	spleen, stomach	
<b>Taste:</b>	bitter-sweet	
<b>Usage:</b>	to correct mischannelling of qi at the spleen and stomach. Used to treat loss of appetite, extended tight abdomen, vomiting and bowel disorders. It is safe to use during pregnancy.	
<b>Dosage:</b>	4.5-9g	
<b>Gan Cao</b>	<i>Glycyrrhiza uralensis</i> , <i>G. glabra</i>	Liquorice
<b>Part used:</b>	root	
<b>Meridians:</b>	all	
<b>Taste:</b>	sweet	
<b>Usage:</b>	one of the most frequently used Chinese herbs. It can be used on its own to assist the spleen, dispel heat and restore qi. It is used to treat sore throats and to relieve food poisoning. It is most often used with other herbs to moderate their effects. It is also used to alleviate any uncomfortable side-effects which may be felt after taking other medicinal herbs.	
<b>Dosage:</b>	1.5-9g	
<b>Gou Qi Zi</b>	<i>Lycium chinense</i>	Lycium
<b>Part used:</b>	seed	
<b>Meridians:</b>	liver, kidneys	
<b>Taste:</b>	sweet	
<b>Usage:</b>	to strengthen shen and kidneys, and to improve eyesight, used with Sheng Di Huang ( <i>Rehmania glutinosa</i> /Chinese foxglove root), Ju Hua ( <i>Chrysanthemum morifolium</i> /chrysanthemum) and Shan Zhu Yu ( <i>Cornus officinalis</i> /fruit of Asiatic cornelian cherry). Used with Sheng Di Huang ( <i>Rehmania glutinosa</i> ) and Tian Men Dong ( <i>Asparagus cochinchinensis</i> /asparagus root) to treat deficient liver and/or kidneys as well as tinnitus, dizziness and weakness of the knees, and for the prevention of wet dreams.	

**Dosage:** 6-12g

**Gou Teng**

**Part used:**

**Meridians:**

**Taste:**

**Usage:**

*Nauclea rhynchophylla*

thorn

heart, liver

sweet

to stop convulsions, tics and spasms used with Tian Ma (*Gastrodia elata*/Gastrodia rhizome). For the treatment of red eyes caused by headaches used with Ju Hua (*Chrysanthemum morifolium*/ chrysanthemum), Sang Ye (*Morus alba*/white mulberry leaves) and Bo He (*Mentha arvensis*/mint). It does not need boiling.

also (*Unicaria*)

**Dosage:**

6-12g

**Gui Zhi**

**Part used:**

**Meridians:**

**Taste:**

**Usage:**

*Cinnamomum cassia*

bark

heart, lungs, bladder

sweet

used in combination with Ma Huang (*Ephedra sinical*/Ephedra) if the patient does not sweat; if they do, given with peeled Chi Shao (*Paeonia veitchii*/red peony root). Used in combination with Qiang Huo (*Notopterygium incisum*) to relieve pain in joints, especially arthritis. Used with Dang Gui (*Angelica sinensis*/Chinese angelica) or Chuan Xiong (*Ligustrum wallichii*/Szechuan lovage root) to treat period pains and menstrual irregularity.

Cinnamon twigs

**Dosage:**

3-9g (slightly more if used for arthritis)

**Note:**

Avoid during pregnancy

**Huang Qi**

**Part used:**

**Meridians:**

**Taste:**

**Usage:**

*Astragalus membranaceus*

root, sliced, either raw or stir-fried in honey

lungs, spleen

sweet

given as a tonic to patients recovering from illness or feeling tired and weak. Can be used in conjunction with ginseng. This is one of most commonly prescribed herbs in Chinese medicine, and symptoms which would point to its use include loss of appetite, coldness, shortness of breath and a tendency to sweat a lot.

Milk vetch

**Dosage:**

9-30g

**Huang Qin****Part used:****Meridians:****Taste:****Usage:***Scutellaria baicalensis*

Baical skullcap root

root, raw or stir-fried in rice wine

gall bladder, small intestine, lungs, large intestine, spleen

bitter

for throat pain used with Lian Qiao, (*Forsythia suspensa*/forsythia fruit) and Jin Yin Hua (*Lonicera japonica*/honeysuckle flower). For relieving high blood pressure used with Ju Hua (*Chrysanthemum morifolium*/chrysanthemum) and Gou Teng (*Nauclea rhynchophylla*).

**Dosage:**

3-10g

**Jing Jie****Part used:****Meridians:****Taste:****Usage:***Schizonepeta tenuifolia*

seeds

none specific

tangy

to stop swellings and as an excellent painkiller. Used more than any other herb for the treatment of arthritis. Fried until very dark in colour it is used to stop bleeding, especially from haemorrhoids.

**Dosage:**

3-9g

**Ma Huang****Part used:****Meridians:****Taste:****Usage:***Ephedra sinica*

Ephedra

stalk

bladder, lungs

tangy

used in combination with Gui Zhi (*Cinnamomum cassia*/cinnamon) to aid sweating. Stir-fried in honey and apricot kernels, restores the function of the lungs and suppresses asthma, especially with coughing. Used with Sheng Jiang (*Zingiber officinale*/fresh ginger rhizome (root) and Bai Zhu (*Atractylodes macrocephala*) to reduce swelling.

**Dosage:**

3-9g

**Note:**

not suitable for patients who suffer from insomnia or high blood pressure. Not to be used by patients who are already sweating.

**Mai Men Dong****Part used:****Meridians:****Taste:****Usage:***Ophiopogon japonicus*

'Lush winter wheat'

root nodules, used raw and pressed flat

stomach, lungs, heart

bitter

to restore yin. Used with Ban Xia (*Pinellia ternata*/'Half summer') and liquorice for coughs and dry throat. Used with Sheng Di Huang (*Rehmania glutinosa*/Chinese foxglove root), Xuan Shen (*Scrophularia Ningpoensis*/Ningpo figwort root), Huang Lian (*Coptis chinensis*/golden thread) and Dan Shen (*Salvia miltiorrhiza*/'Scarlet root') for insomnia.

**Dosage:**

6-12g

**Mu Dan Pi***Paeonia suffruticosa*

Tree peony

**Part used:** bark  
**Meridians:** kidneys, liver, heart  
**Taste:** bitter  
**Usage:** to lower high blood pressure, used with Ju Hua (*Chrysanthemum morifolium*/chrysanthemum) and Jin Yin Hua (*Lonicera japonica*/honeysuckle flower). For menstrual disorders, used with Chai Hu (*Bupleurum chinense*/thorowax) and Dan Gui (*Angelica sinensis*/Chinese angelica). To stop bleeding in internal wounds, dry-fried until dark and given with Hong Hua (*Carthamus tinctorius*/safflower). For period pain, raw slices given with Gui Zhi (*Cinnamomum cassia*/cinnamon) and Hu Tao Ren (*Juglans regia*/walnut). To stimulate the production of blood and to disperse bruises, used fried in rice wine with cinnamon and walnuts.

**Dosage:** 6-12g  
**Note:** not suitable for use during pregnancy

**Qing Hao** *Artemisia annua*, *A. apiacea* Wormwood  
**Part used:** leaves  
**Meridians:** liver, gall bladder  
**Taste:** bitter, but with a very pleasant smell  
**Usage:** for the treatment of burns and minor skin disorders, fresh leaves are crushed and applied externally. For the treatment of malaria, used with Huang Qin (*Scutellaria baicalensis*/Baical skullcap root). Ban Xia (*Pinellia temata*) and *Maranta arundinacea* (arrowroot).

**Dosage:** 20-40g for malaria, 6-15g for skin applications  
**Note:** this herb responds best to rapid, short boiling

**San Qi** *Panax notoginseng* Pseudoginseng root  
**Part used:** whole plant (it is similar to ginseng)  
**Meridians:** kidneys, liver  
**Taste:** bitter  
**Usage:** to disperse bruises, relieve swellings and stop haemorrhaging, and for general relief of pain.

**Dosage:** for wounds and pain 1-1.5g powder three times a day; for cardiac arrest 1.5g twice a day in equal proportions with ginseng

**Shan Zhu Yu** *Cornus officinalis* Cornelian Asiatic cherry  
**Part used:** flesh of fruit  
**Meridians:** liver, kidneys  
**Taste:** bitter-sour  
**Usage:** used in the treatment of abnormally heavy menstruation. Used with ginseng to treat heavy sweating accompanied by exhaustion.

**Dosage:** 4.5-9g

**Shi Chang Pu**

**Part used:**

**Meridians:**

**Taste:**

**Usage:**

*Acorius gramineus*

root

heart, spleen, stomach

tangy

for excess tan (mucus). Used with Zhi Zi (*Gardenia jasminoides*/Cape jasmine), young bamboo leaves and extracted ginger juice for treating delirium. To treat tinnitus and amnesia, given with Fu Ling (*Poria cocos*/hoelen) and Yuan Zhi (*Polygala tenuifolia*/root of Chinese Senega). For loss of appetite, given with Huo Xiang (*Agastache rugosa*/Patchouli), Huo Po (*Magnolia officinalis*/magnolia) and Chen Pi (*Citrus reticulata*/tangerine peel).

Sweetflag

**Dosage:**

3-9g

**Shu Di Huang**

*Rehmania glutinosa*

Root of Chinese foxglove  
cooked in wine

**Part used:**

**Meridians:**

**Taste:**

**Usage:**

root (oven dried or fresh)

liver, kidneys, heart

sweet

- a) to relieve cold in the blood. Used with Xuan Shen (*Scrophularia ningpoensis*/Ningpo figwort) to reduce high body temperature, dry mouth and red tongue. Given with He Ye (*Nelumbo nucifera*/lotus leaves) and Qian Cao Gen (*Rubia cordifolia*/madder root) for blood in vomit or urine. Used with Mu Dan Pi (*Paeonia suffruticosa*/cortex of tree peony root) for macula or dark spots on the skin. To treat thirst associated with diabetes, used with Bi Xie Xu Duan (*Dioscorea batatas*/Chinese yam) and Di Gu Pi (*Lycium chinense*/Chinese wolfberry).
- b) Used dried, then fried in rice wine until dark, for restoration of the blood, weakness of the knees, menstrual disorders and tinnitus.

**Dosage:**

a) 9-30g (double if fresh), b) 9-15g

**Tian Ma**

**Part used:**

**Meridian:**

**Taste:**

**Usage:**

*Gastrodia elata*

tuber

liver

sweet

to clear collateral channels and to relieve rheumatic pain, given with Jin Yin Hua (*Lonicera japonica*/honeysuckle flower) and Huai Niu Xi (*Achyranthes bidentata*/Ox knee). Given with Ban Xia (*Pinellia ternata*/Half summer) and Bai Zhu (*Atractylodes macrocephala*) in the treatment of migraine, eye

Gastrodia rhizome

	disorders and dizziness. Excellent for women suffering headaches, especially after childbirth.
<b>Dosage:</b>	3-9g boiled in water, 1-1.5g as a powder
<b>Tian Men Dong</b>	<i>Asparagus cochinchinensis</i> Tuber of Chinese asparagus
<b>Part used:</b>	root, raw and sliced
<b>Meridians:</b>	lungs, kidneys
<b>Taste:</b>	bitter-sweet
<b>Purpose:</b>	to restore deficient yin. Dispels heat and strengthens the kidneys and lungs.
<b>Usage:</b>	to treat a dry cough with little mucus, or coughing up of blood, use with Mai Men Dong ( <i>Ophiopogon japonicus</i> 'Lush winter wheat') and Bei Mu ( <i>Fritillaria verticillata</i> /fritillaria bulb). For use in the treatment of whooping cough with Mai Men Dong ( <i>Ophiopogon japonicus</i> 'Lush winter wheat') and Bai Bu ( <i>Stemona sessilifolia</i> /stemona root).
<b>Dosage:</b>	6-12g
<b>Tu Si Zi</b>	<i>Cuscuta chinensis</i> Dodder seeds
<b>Part used:</b>	seeds, boiled and crushed, sometimes in cake form
<b>Meridians:</b>	kidneys, lungs
<b>Taste:</b>	sweet
<b>Purpose:</b>	to treat deficient yang in the kidneys, which causes frequent urination. Also used to prevent miscarriages and to help restore the function of the kidneys and menstrual cycle
<b>Dosage:</b>	6-12g
<b>Wu Wei Zi</b>	<i>Schizandra chinensis</i> , <i>S. sphenanthera</i> Schisandra fruit The Chinese name means 'the fruit which has five tastes'. It has two forms, northern ( <i>S. Chinensis</i> ) and southern ( <i>S. sphenanthera</i> ).
<b>Part used:</b>	fruit, raw or steamed with vinegar or rice wine
<b>Meridians:</b>	kidneys, heart, lungs
<b>Taste:</b>	sour
<b>Usage:</b>	for coughs caused by weakness of the lungs, sometimes in combination with ginseng. Use with Mai Men Dong ( <i>Ophiopogon japonicus</i> 'Lush winter wheat') to treat patients who sweat, have a dry mouth, tire easily and are depressed.
<b>Dosage:</b>	1.5-6g
<b>Xin Yi Hua</b>	<i>Magnolia liliflora</i> Magnolia flower
<b>Part used:</b>	flower
<b>Meridians:</b>	none specific
<b>Taste:</b>	tangy
<b>Usage:</b>	for the treatment of rhinitis and nasosinusitis. Clears running nose and headaches.
<b>Dosage:</b>	1-3g

<b>Yin Yang Huo</b>	<i>Epimedium brevicornum</i> , <i>E. grandiflorum</i> , <i>E. sagittatum</i>	'Licentious goat wort'
<b>Part used:</b>	the whole plant apart from the root	
<b>Meridians:</b>	liver, kidneys	
<b>Taste:</b>	sweet	
<b>Usage:</b>	used to treat high blood pressure in elderly women, impotence and paralysis of the lower limbs.	
<b>Dosage:</b>	3-9g	
<b>Yu Xing Cao</b>	<i>Houttuynia cordata</i>	'Fishy smelling herb'
<b>Part used:</b>	whole herb	
<b>Meridians:</b>	kidneys, lungs	
<b>Taste:</b>	sweet with a fishy odour, hence it is also known as the smelly fishy plant	
<b>Usage:</b>	the treatment of lung and kidney disorders.	
<b>Dosage:</b>	9-30g	
<b>Yuan Zhi</b>	<i>Polygala tenuifolia</i>	Root of Chinese senega
<b>Part used:</b>	root, chopped and treated with liquorice	
<b>Meridians:</b>	lungs, heart, kidneys	
<b>Taste:</b>	bitter	
<b>Usage:</b>	for treatment of irritability, insomnia and depression.	
<b>Dosage:</b>	3-9g	
<b>Zi Su Ye</b>	<i>Perilla frutescens</i>	Perilla leaf
<b>Part used:</b>	leaves	
<b>Meridians:</b>	spleen, lungs	
<b>Taste:</b>	sweet	
<b>Usage:</b>	to promote ch'i, to relieve pain and tightness in the abdomen, to cancel out the effects of food poisoning (especially when caused by seafood), to ease vomiting and diarrhoea.	
<b>Dosage:</b>	6-12g	

Also part of the herbalist's traditional repertoire will be such well-known herbs as ginseng, garlic and ginger. Ginseng (Panax ginseng) is the dried root of the Ren Shen plant which is grown mainly in Japan and Korea. Its main uses are to help strengthen weak bodies and to help patients recovering after illness. It is used extensively as a nutritive and restorative tonic and to treat impotence, neurasthenia, spermatorrhoea, anaemia, senility, uterine disorders and nephritis.

Ginger is the fresh root of *Zingiber officinale* (Gan Jiang) and is used mainly as a stomach restorative. It is used in the treatment of nausea and vomiting as well as diarrhoea, rheumatism, abdominal and spleen ache and sometimes for strider - obstructed breathing.

Garlic (*Allium sativum*) known as Xie Bai to the Chinese, is used to thin the blood. It is known to reduce blood cholesterol, prevent heart disease, aid digestion and to lower blood pressure.

The preferred form of the vitamins and amino acids are shown in Table

4. "Pepsin" refers to commercially available pepsin digest.

TABLE 4VITAMINS AND AMINO ACIDS

<b>Vitamins &amp; Amino Acids</b>	<b>Method</b>
L-Phenylalanine	Extraction
Vitamin C	Extraction
Vitamin E	Extraction
Vitamin ED	Extraction
Inositol	Trace Mineral
Selenium Methionine	Trace Mineral
Soya Isolate	Trace Mineral
Trace Mineral Clay	Trace Mineral
Lysine	Compound
Pepsin	Compound
Whey Protein	Compound
Zinc Amino Acid Chelate	Compound
Co-enzyme Q	
Superoxide Dismutase	
Vegetable enzymes	
Iron Gluconate	
Copper amino acid gluconate	
Calcium amino acid gluconate	
L-Threonine	
Chromium niacin	
Selenium methionine	
L-phenylalanine	

The invention will now be described by way of example.

The product formulae below show the dosage, for the disorders treatable by the composition, the amounts of the components used and therapies which may be used in combination with the compositions. Typically capsules contain between 200mg and 1g of composition per capsule.

The formulations may be taken neat or diluted with, for example 50% volume/volume cordial, fruit juice or lemonade.

The dosages may be separated into, for example, 3 equal doses taken after breakfast, lunch and an evening meal.

Skin care, massage and sports injury remedies may be applied topically directly onto the area to be "treated".

The Aloe vera, honey products, vitamins/amino acids, Indian brandee and blackcurrant concentrate are all commercially available products.

The Aloe vera products, heat lotion and propolis creme may be obtained from Forever Living Products (UK) Ltd, Longbridge Manor, Longbridge,

Warwick, Warwickshire, United Kingdom. Aloe vera "juice" comprises as main ingredients stabilised Aloe vera gel, sorbitol, lemon juice, vitamin E, sodium benzoate and papain. "Pure" Aloe vera comprises stabilised Aloe vera gel, sorbitol, citric acid, vitamin E, sodium benzoate and papain. Aloe vera "nectar" comprises raw Aloe vera gel, fructose, sorbitol, cranberry and apple juice concentrate, ascorbic acid, citric acid, potassium sorbate, sodium benzoate, xanthan gum, tocopherol and colourings.

Heat lotion comprises stabilized Aloe vera gel, DI water, propylene glycol, stearic acid, glyceryl stearate, triethanolamine, eucalyptus oil, methyl salicylate, apricot kernel oil, sesame oil, cetyl alcohol, petrolatum, lanolin, jojoba oil, oleic acid, stearyl stearate, dioctyl adipate, octyl stearate, octyl palmitate, PEG-100 stearate, allantoin, mineral oil, lanolin alcohol, ascorbic acid, diazolidinyl urea, methylparaben and propylparaben.

Propolis creme comprises stabilized Aloe vera gel, glyceryl stearate (and) PEG-1-00 stearate, propylene glycol, cetyl alcohol, dioctyl adipate (and) octyl stearate (and) octyl palmitate, lanolin, sorbitol, allantoin, bee propolis extract, lanolin alcohol, dimethicone, mineral oil, imodazolidinyl, urea, vitamins A & E, comfrey extract, chamomile extract, triethanolamine, ascorbic acid, methylparaben, propylparaben, fragrance.

Rescue remedy is a composition of five Bach flower remedies: Impatiens, Star of Bethlehem, Cherry Plum, Rock Rose and Clematis.

Except where indicated, the essential oils, Chinese herbs/Indian spices, honey products, vitamins/amino acids, Indian brandy and blackcurrant concentrate are mixed together in the amounts indicated with sufficient Aloe vera to make the final formulation up a final volume of 1,000 ml.

All components are from commercial sources. Vegetable enzymes are obtained as a commercially available product from "G and G Foods (UK)".

Initial results indicate that the specific essential oil and herb/spice combination of the invention provides effective compositions for medical and/or cosmetic use.

### PATIENT PILOT STUDY

From a database of 250 people, having been diagnosed by their own practitioner as having M.E./Chronic Fatigue Syndrome, 80 responded to the inventors for information requesting to take the particular formula.

The findings of this initial pilot study indicated:

- i) One third of the respondents diagnosed with M.E./Chronic Fatigue Syndrome did not have this condition. Most had Candida, depression or arthritis. A number suffered from a combination. Due to the similarity and overlap of many symptoms, without practitioners being able to measure the response by administering separate formula for each of these conditions, it is not possible for them to accurately disseminate between these four conditions.
- ii) When a patient has been accurately diagnosed and they take the respective formula, as shown in Table 5, correctly, a full recovery is apparent at the end of the 25 day ingestion period.
- iii) A pattern also became evident with about one third of patients making a partial recovery and in a few cases no realistic recovery. In all these cases it became apparent each respective formula of the inventors was being frustrated. After further discussion and analysis of the patient records a clear pattern emerged.

In the majority of cases these patients had been exposed to either one or a combination of the following traditional treatments:

#### Side Effects

- |                              |                     |
|------------------------------|---------------------|
| (a) X-rays/scans             | Medical irradiation |
| (b) Medical drugs            | Misfunction         |
| (c) Amalgam dental fillings  | Mercury poisoning   |
| (d) Organophosphate exposure | Nervous system      |
- iv) The inventors then developed an additional 'body cleanser/irrigator' formula (Table 6). After taking this 25 day formula the original formula still resting within these patients was then released to perform.
  - v) Due to the alarming number of patients from referrals and potential patients suffering from the side effects of the above traditional treatments, the Foundation has successfully combined the 'irrigator' within each of its main formula. This prevents patients from having to take two formulae which doubles both the cost and time.

TABLE 5

Essential Oils		Herbs/Spices
Bergamot	¼ml	Herbs: 5:1
Camphor	¼ml	Bai Guo Ye - 2gm
Chamomile Roman	¼ml	Ba Ji Tian - 2gm
Eucalyptus Globulus	¼ml	Chen Xiang - 2gm
Ginger	¼ml	Da Huang - 2gm
Juniper	¼ml	Huang Lian - 2gm
Melissa	¼ml	Niu Bang Zi - 2gm
Peppermint	¼ml	Salix Alba - 2gm
Rose Geranium	¼ml	Zhi Zi - 2gm
Rosemary	¼ml	Spices:
Tea Tree	¼ml	Cinnamon Sugar - 10gm
		Cloves 10gm
		Coriander - 10gm
		Garlic - 10g
		Juniper Berries - 10gm

Base ingredients		Flavouring
<u>Honey Products</u>	<u>Aloe Vera/Amino Acids/ Vitamins</u>	Honey -20ml
Royal Jelly - 20gm	Aloe Vera:	Indian Brandee - 20ml
Bee Propolis - 20gm	$\frac{2}{3}$ litre	Vanilla - 50gm
<u>Enzymes/Minerals</u>	<u>Amino Acids:</u>	
<u>Enzymes:</u>	Copper Amino Acid Chelate - 30gm	
Vegetable Enzymes - 30gm	Lithium Threonine - 30gm	
	Superoxide Dismutase (S.O.D.) - 30gm	
	Zinc Amino Acid Chelate - 5gm	
<u>Minerals:</u>	<u>Vitamins:</u>	
Calcium - 10gm	VIT C - 30gm	
Garlic - 20gm	VIT E D - Alpha Tocopherol - 10gm	
Inositol - 25gm		
Iron - 10gm		
Mineral Clay Powders - 30gm		

TABLE 6

Aloe Vera	Essential Oils	Chinese Herbs/Indian Spices
Nectar	Bergamot 1ml Chamomile German 1ml Chamomile Maroc 1ml Chamomile Roman 1ml Cinnamon Zeylanicum 1ml Clove Buds 1ml Eucalyptus Globulus 1ml Frankincense 1ml Fennel 1ml Hyssop 1ml Juniper 1ml Lemon Grass 1ml Mountain Savoury 1ml Niaouli 1ml Red Thyme 1ml Rosemary 1ml Rose Geranium 1ml Tagetes 1ml Ylang Ylang 1ml	<b>Chinese Herbs:</b> Acacia Calechu - 30gm Acanthopanax Gracilistylus - 30gm Caesalpinia Sappan - 30gm Epimedium Spinoso - 30gm  <b>Indian Spices:</b> Asapoetidia - 20gm Coconut Cream Block - 20gm Coriander - 20gm Fenugreek - 20gm Horseradish Ribbled - 20gm

Honey Products	Vitamins/Amino Acids	Other	Therapies
Royal Jelly - 4000gm Bee Propolis - 1ml	VIT C - 30gm VIT E D - Alpha Tocopherol - 30gm Inositol - 2500mg Pepsin - 30gm Selenium Methionine - 30gm Soya Isolate - 30gm Trace Mineral Clay - 30gm Whey Protein - 50gm Zinc Amino Acid Chelate - 30gm	Indian Brandee - 20ml Blackcurrant Concentrate - 20ml	Chinese Acupuncture - 2 sessions

## PRODUCT FORMULA BY AILMENT & ILLNESS

[illegible]

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

Product Formula B			
<p>- 2 capsules 3 times daily over 20 days</p> <p>** Formula Z - CRB - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</p> <p>** Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</p> <p>**Candida (Thrush/Cystitis)</p> <p>Endometritis</p> <p>*Irritable Bowel</p> <p>*Organophosphate Disease (OP's)</p> <p>Pre-Menstrual Syndrome</p> <p>Menopause</p> <p>Ulcers - External</p> <p>Ulcers - Internal</p>			
Essential Oils	Herbs/Spices	Heavy Products	Base Ingredients
Abscess	Herbs 5:1	Royal Jelly - 3.1 - 7gm	Alse Vera/Amino Acids/Vitamins
Alcoholism	Bai Guo Ya (Ginseng) - 2gm	Bee Propolis - 4.1 - 5gm	Alse Vera:
Anorexia	Bai Zhu - 2gm		Over 70 nutrients - ¼ litre
Bulimia	Chai Hu - 2gm	Enzymes/Minerals	Amino Acids:
	Da Huang - 2gm		Glutamine - 15gm
	Dang Gui - 2gm (Dong Quai)		L-Threonine - 15gm
	Dang Shen - 2gm	Vegetable Enzymes - 15gm	Pyrogallol - 10mg
	Er Cha - 2gm		Superoxide Dismutase (S.O.D.) - 15gm
	Gipswood - 10mg	Minerals:	
	Jiu Jiu	Calcium Amino Acid Chelate 20% - 10gm	
	Jin Yin Gao - 2gm	Copper Amino Acid Chelate 20% - 15gm	
	Lu Jiao Shuang - 2gm	Inositol 25gm	
	Shi Di Huang - 2gm	Iron 12.5% - 10gm	
	Shu Di Huang - 2gm	Mineral Clay Powders - 15gm	
	Mu Xue Cao (Cuba Case) - 2gm	Zinc Amino Acid Chelate 20% - 5gm	
	Pyrogallol - 10mg		
	Salt Abu (White Willow) - 10gm 1:1		
	Wu Ji Huang - 2gm		
	Wu Ji Pi - 2gm		
	Yan Hu Sui - 2gm		
	Zhi Zi - 2gm		
	Spices:		
	Asafetida - 10gm		
	Cayenne Pepper - 10gm		
	Celery Salt - 10gm		
	Chili Powder - 10gm		
	Coconut Cream Black - 10gm		
	Coriander - 10gm		
	Coriander - 10gm		
	Dill Seeds - 10gm		
	Fenugreek - 10gm		
	Ginger - 10gm		
	Horse Radish Root - 10gm		
	Mustard Seed Black - 10gm		
	Onion Root - 10gm		
	</		

## PRODUCT FORMULA BY AILMENT & ILLNESS

[illegible]

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula C2</b>		<b>(Cure) - Phial (single 60ml dose)</b>	
		* + Formula Z - CRC2 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ** + Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) ***Pneumonia	
<b>Cold Antidote</b>		<b>*Influenza Antidote</b>	
<b>Essential Oils</b>		<b>Base Ingredients</b>	
Camphor Chamomile Roman Eucalyptus Globulus Grand Fir Juniper Melissa Patchouli Tagetes		<b>Herbs/Spices</b>	<b>Honey Products</b>
	1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml 1/4ml	<b>Herbs: 5:1</b> Che Qian Cao - 2gm Dan Shen - 2gm Echinacea Angustifolia - 10gm Huang Lien - 2gm Jia Geng - 2gm Jin Yin Hua - 2gm Lian Zi (Red) - 2gm Long Tan Root - 2gm Mu Bing Zi - 2 gm Sang Ye - 2gm Xing Ren - 2gm  <b>Spices:</b> Allspice - 10gm Cinnamon Sugar - 10gm	<b>Vitamins/Amino Acids</b> VIT C - 15gm Inositol - 10gm Lysine (Amino Acid) - 10gm
		<b>Flavouring</b>	
		Honey - 20ml Indian Brande - 20ml Vanilla - 50gm	



**PRODUCT FORMULA BY ALLMENT & ILLNESS**

<b>Product Formula E</b>				
<b>- 2 capsules 3 times daily over 20 days</b>				
<b>Ear Ache, Throat Infections</b>	<b>Eye Redness</b>	<b>Gum Disorders</b>	<b>Mouth Infections</b>	<b>Sinusitis</b>
<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
Anised $\frac{1}{2}$ ml Bergamot $\frac{1}{2}$ ml Camphor $\frac{1}{2}$ ml Carrot $\frac{1}{2}$ ml Chamomile German $\frac{1}{2}$ ml Chamomile Maroc $\frac{1}{2}$ ml Chamomile Roman $\frac{1}{2}$ ml Chinnamon Leaf $\frac{1}{2}$ ml Clove Buds $\frac{1}{2}$ ml Dill $\frac{1}{2}$ ml Eucalyptus Globulus $\frac{1}{2}$ ml Fennel $\frac{1}{2}$ ml Frankincense $\frac{1}{2}$ ml Hazel $\frac{1}{2}$ ml Hyssop $\frac{1}{2}$ ml Juniper Berry $\frac{1}{2}$ ml Lavender $\frac{1}{2}$ ml Lemon Grass $\frac{1}{2}$ ml Mountain Savoury $\frac{1}{2}$ ml Niacoul $\frac{1}{2}$ ml Peppermint $\frac{1}{2}$ ml Rose Geranium $\frac{1}{2}$ ml Rosemary $\frac{1}{2}$ ml Sweet Marjoram $\frac{1}{2}$ ml Tagetes $\frac{1}{2}$ ml Thyme Red $\frac{1}{2}$ ml Thyme Sweet $\frac{1}{2}$ ml Ylang Ylang $\frac{1}{2}$ ml	Herbs: 6:1 Da Huang - 2gm Er Chia - 2gm Grapeseed - 15mcg Jin Yin Hua - 2gm Pycnogenol - 10mcg Qiang Huo - 2gm Salix Alba (White Willow) - 10gm 1:1 Su Mu - 2gm Tian Nan Xing - 2gm Wu Bai Zi - 2gm Wu Jia Pi - 2gm Xing Ren - 2gm Yan Hu Suo - 2gm Zhi Zi - 2gm Spices: Arrowroot - 10gm Asafoetida - 10gm Chili - 10gm Cloves - 10gm Coconut Cream Block - 10gm Coriander - 10gm Fennel - 10gm Fenugreek - 10gm Hersradish Ribbled - 10gm Maca Ground - 10gm Mixed Spices - Sweet - 10gm Paprika - Sweet - 10gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm <b>Enzymes/Minerals</b> Enzymase Vegetable Enzymes - 15gm <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	<b>Alca Vera/Amino Acids/Vitamin</b> Alca Vera: Over 70 nutrients - $\frac{1}{2}$ litre <b>Amino Acids:</b> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

# PRODUCT FORMULA BY AILMENT & ILLNESS

## Product Formula F - CBA 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Clarissa Carer - Personal Balancing System

- Lack of Self Confidence

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Agarwood - 1ml Crisp Apple - 1ml Sweet Chestnut - 1ml	Bergamot 1/2ml Chamomile Roman 1/2ml Eucalyptus Globulus 1/2ml Fennel 1/2ml Hyssop 1/2ml Juniper 1/2ml Niaouli 1/2ml	Herbs: 5:1 Bal Dou Kou - 2gm Da Huang - 2gm Ji Xue Teng - 2gm Spices: Cassia Bark - 10gm	Aloe Vera Pure - 20ml Honey 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

## Product Formula F - CBB 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Clarissa Carer - Personal Balancing System

- Love and Contentment

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Agarwood - 1ml Chicory - 1ml Gorse - 1ml Minutulus - 1ml Vervain - 1ml Wild Rose - 1ml	Bergamot 1/2ml Chamomile Roman 1/2ml Eucalyptus Globulus 1/2ml Fennel 1/2ml Hyssop 1/2ml Juniper 1/2ml Niaouli 1/2ml	Herbs: 5:1 Da Huang - 2gm Gou Teng - 2gm Spices: Allspice Ground - 10gm Dill Seeds - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula F - CBC				
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
Clarissa Carer - Personal Balancing System				
- Fear of Achievement				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Beech - 1ml Clematis - 1ml Honeysuckle - 1ml Larch - 1ml Mustard - 1ml Vine - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 Da Huang - 2gm Jin Ying Zi - 2gm Sang Ye - 2gm  Spices: Asafetida - 10gm Cloves Ground - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula F - CBD				
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
Clarissa Carer - Personal Balancing System				
- Anger & Jealousy				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Cerituary - 1ml Eim - 1ml Impatiens - 1ml Walnut - 1ml Wild Oat - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 Da Huang - 2gm Ye Ju Jue - 2gm  Spices: Cardamom Seeds - 10gm Fenugreek Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula F - CBE				
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
Clarissa Balancing System				
Clarissa Carer - Personal Balancing System				
- Hate & Regret				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Cherry Plum - 1ml Genlian - 1ml Heather - 1ml Oak - 1ml Rock Water - 1ml Scleranthus - 1ml	Bergamot 1/2ml Chamomile Roman 1/2ml Eucalyptus Globulus 1/2ml Fennel 1/2ml Hyssop 1/2ml Juniper 1/2ml Niaouli 1/2ml	Herbs: 5:1 Da Huang - 2gm Fu Pen Zi - 2gm  Spices: Caraway Ground - 10gm Chilli Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

Product Formula F - CBF				
2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)				
Clarissa Balancing System				
Clarissa Carer - Personal Balancing System				
- Lack of Self Esteem				
Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Cherry Plum - 1ml Holly - 1ml Olive - 1ml Red - 1ml Chestnut - 1ml Rock Rose - 1ml White - 1ml Chestnut - 1ml	Bergamot 1/2ml Chamomile Roman 1/2ml Eucalyptus Globulus 1/2ml Fennel 1/2ml Hyssop 1/2ml Juniper 1/2ml Niaouli 1/2ml	Herbs: 5:1 Chi Quan Cao - 2gm Da Huang - 2gm Su Mu - 2gm  Spices: Arrowroot Ground - 10gm Cinnamon Ground - 10gm	Aloe Vera Pure - 20ml Honey 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula F - CBG</b>				
<b>2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>				
<b>Clarissa Carer - Personal Balancing System</b>				
<b>- Mental Strength &amp; Stamina</b>				
Flower Remedies	Essential Oils	Herbal/Spices	Base Ingredients	Carrier Oils
Clematis Bud - 1ml Ikonysuckle - 1ml Pine - 1ml Star of Bethlehem - 1ml Water Violet - 1ml Willow - 1ml Rescue Remedy - 1ml	Bergamot 1/4ml Chamomile Roman 1/4ml Eucalyptus Globulus 1/4ml Fennel 1/4ml Hyssop 1/4ml Juniper 1/4ml Niacin 1/4ml	Herbs: 5:1 Da Huang - 2gm Gou Teng - 2gm Hu Huang Lian - 10gm Spices: Cardamom Ground - 10gm Laos Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

<b>Product Formula E - CBH</b>				
<b>2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)</b>				
<b>Clarissa Carer - Personal Balancing System</b>				
<b>- Gull &amp; Responsibility</b>				
Flower Remedies	Essential Oils	Herbal/Spices	Base Ingredients	Carrier Oils
Aspen - 1ml Cherry Plum - 1ml Elm - 1ml Ikonysuckle - 1ml	Bergamot 1/4ml Chamomile Roman 1/4ml Eucalyptus Globulus 1/4ml Fennel 1/4ml Hyssop 1/4ml Juniper 1/4ml Niacin 1/4ml	Herbs: 5:1 Ba Gong - 2gm Da Huang - 2gm Hu Po - 2gm Spices: Cardamom - 10gm Fennel Powder - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

# PRODUCT FORMULA BY AILMENT & ILLNESS

## Product Formula F - CBT

2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Clarissa Balancing System

Clarissa Carer - Personal Balancing System

- Abuse, Trauma & Shock

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Chamomile - 1ml Cedar - 1ml Clove - 1ml Rescue Remedy - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 Chan Tul - 2gm Da Huang - 2gm Jin Ying Zi - 2gm Spices: Cardam - 10gm Dill - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

## Product Formula E - CBV

2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Clarissa Balancing System

- Bereavement/Loss

Flower Remedies	Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils
Chamomile - 1ml Cherry - 1ml Honeysuckle - 1ml Rock Water - 1ml	Bergamot Chamomile Roman Eucalyptus Globulus Fennel Hyssop Juniper Niaouli	Herbs: 5:1 Ba Ji Tian - 2gm Da Huang - 2gm Xian He Cao - 2gm Spices: Anise Star - 10gm Chilli - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula G Phial (Single 50ml dose)				
Gastroenteritis Sickness				
Essential Oils	Herbs/Spices	Vitamins/Amino Acids	Flavouring	
Chamomile Maroc Hyssop Lavender Niaouli	Herbs: 5:1 Bai Jiang Cao - 2gm Bai Zhu - 2gm Da Huang - 2gm Shen Jin Cao - 2gm  Spices: Carob - 10gm Coconut Powder - 10gm Fenugreek - 10gm	VIT C - 15gm Inositol - 25gm Vegetable Enzymes - 15gm	Vanilla - 50gm Honey - 10ml Indian Brandies - 10ml	



**PRODUCT FORMULA BY AILMENT & ILLNESS**

**- 2 capsules 3 times daily over 20 days**

**Product Formula 1**

**Infertility**

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil $\frac{1}{2}$ ml		Herbs: 5:1	<b>Homey Products</b>	<b>Aloa Vera/Amino Acids/Vitamins</b>	Honey - 20ml
Bergamot $\frac{1}{2}$ ml		Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	Aloa Vera:	Indian Brandee - 20ml
Chamomile German $\frac{1}{2}$ ml		Er Cha - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - $\frac{1}{2}$ litre	Vanilla - 50gm
Chamomile Maroc $\frac{1}{2}$ ml		Hual Jiao Zi - 2gm		<b>Amino Acids:</b>	
Chamomile Roman $\frac{1}{2}$ ml		Lian Zi (Red) - 2gm	<b>Enzymes/Minerals</b>	L-Threonine - 15gm	
Cinnamon Leaf $\frac{1}{2}$ ml		Lu Jiao Shuang - 2gm	<b>Enzymes:</b>	Superoxide Dismutase (S.O.D.) - 15gm	
Clove Buds $\frac{1}{2}$ ml		Su Mu - 2gm	Vegetable Enzymes - 15gm		
Eucalyptus Globulus $\frac{1}{2}$ ml		Wu Jia Pi - 2gm	<b>Minerals:</b>		
Falligee $\frac{1}{2}$ ml			Calcium Amino Acid Chelate 20% - 10gm	<b>Vitamins:</b>	
Fennel $\frac{1}{2}$ ml		<b>Spices:</b>	Copper Amino Acid Chelate 20% - 15gm	VIT C - 15gm	
Frankincense $\frac{1}{2}$ ml		Asafoetida - 10gm		VIT E D - Alpha Tocopherol - 10gm	
Hyssop $\frac{1}{2}$ ml		Carob - 10gm			
Juniper $\frac{1}{2}$ ml		Chilli Powder - 10gm			
Lavender $\frac{1}{2}$ ml		Cinnamon Sugar 10gm			
Lemon Grass $\frac{1}{2}$ ml		Coconut Cream Block - 10gm			
Mountain Savoury $\frac{1}{2}$ ml		Coriander - 10gm			
Niaouli $\frac{1}{2}$ ml		Fenugreek - 10gm			
Patchouli $\frac{1}{2}$ ml		Ginger - 10gm			
Rose Geranium $\frac{1}{2}$ ml		Horseradish Ribbed - 10gm			
Rosemary $\frac{1}{2}$ ml		Juniper Berries - 10gm			
Tagetes $\frac{1}{2}$ ml		Mace Ground - 10gm			
Thyme Red $\frac{1}{2}$ ml					
Ylang Ylang $\frac{1}{2}$ ml					

# PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula J		- 2 capsules 3 times daily over 20 days	
**Acne **Aids *Alzheimers Disease *Baiten's Disease *Cancer Athletes Foot Dermatitis Eczema Hair & Scalp Conditions		**Formula Z - CRJ - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) **Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart) **Leukaemia *Parkinson's Disease *Senile Dementia *Shingles Psoriasis	
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Rosemary Rose Geranium Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Bai Ji Tian - 2gm Da Huang - 2gm Dang Shen - 2gm Er Cha - 2gm Grapeseed - 15mcg Pycnogenol - 10mcg Salix Alba (White Willow) - 10gm 1:1 Shu Di Huang - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Wu Yao - 2gm Zhen Zhu Mu - 2gm Spices: Allspice - 10gm Asafetida - 10gm Cayenne Pepper - 10gm Chilli Powder - 10gm Coriander - 10gm Dill Seeds - 10gm Fenugreek - 10gm Horseradish Rubbed - 10gm Macs Ground - 10gm Slippery Elm - 10gm	Honey Products Royal Jelly - 3.1 - 7gm Bee Propolis - 4.1 - 5gm Enzymes/Minerals Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm Amino Acids/Vitamins Amino Acids: Copper Amino Acid Chelate - 15gm Glutamine - 15gm L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm







**PRODUCT FORMULA BY AILMENT & ILLNESS**

**NUTRITIONAL AND BODY CLEANSING DRINK SUPPLEMENT**

- 10ml daily preferably at bedtime - 90 days supply

**Product Formula N**

**Immune System**

Essential Oils	Herbs/Spices	Honey Products	Base Ingredients	Flavouring
<b>Basil</b> - 1/4ml <b>Bergamot</b> - 1/4ml <b>Chamomile German</b> - 1/4ml <b>Chamomile Maroc</b> - 1/4ml <b>Chamomile Roman</b> - 1/4ml <b>Cinnamon Leaf</b> - 1/4ml <b>Clove Buds</b> - 1/4ml <b>Eucalyptus Globulus</b> - 1/4ml <b>Fennel</b> - 1/4ml <b>Frankincense</b> - 1/4ml <b>Hyscop</b> - 1/4ml <b>Juniper</b> - 1/4ml <b>Lemon Grass</b> - 1/4ml <b>Mountain Savoury</b> - 1/4ml <b>Nisoul</b> - 1/4ml <b>Rosa Granatum</b> - 1/4ml <b>Rosemary</b> - 1/4ml <b>Tagetes</b> - 1/4ml <b>Thyma Red</b> - 1/4ml <b>Ylang Ylang</b> - 1/4ml	<b>Herbs 5:1</b> <b>Ba Guo Ye (Ginkgo)</b> - 1gm <b>Bu Zhi</b> - 1gm <b>Bu Zi</b> - 1gm <b>Bowdilla Serrata</b> - 5gm 1:1 <b>Chai Hu</b> - 1gm <b>Da Huang</b> - 1gm <b>Dang Gui (Dong Quai)</b> - 1gm <b>Dang Shen</b> - 1gm <b>Er Chi</b> - 1gm <b>Ginseng</b> - 1gm <b>Ginseng Lurea (False Unicorn)</b> - 1gm <b>Gou Qi Zi (Lycium)</b> - 1gm <b>Grass Seed</b> - 15mg <b>Lu Jiao Shuang</b> - 1gm <b>Man Jing Zi</b> - 1gm <b>Mao Zhi Cao (Cassia Chow)</b> - 1gm <b>Mu Xiang</b> - 1gm <b>Pan Gong</b> - 1gm <b>Pan Gong</b> - 10mg <b>Rou Cong Reng</b> - 1gm <b>Su Bu Xie (White Willow)</b> - 5gm 1:1 <b>Shen Zhi</b> - 1gm <b>Sheng Ma</b> - 1gm <b>Su Mu</b> - 1gm <b>Su Mu</b> - 1gm <b>Yi Mu Cao</b> - 1gm <b>Yinchen</b> (prescription only) - 1gm <b>Spices</b> <b>Allspice</b> - 5gm <b>Aniseeds</b> - 5gm <b>Caraway Ground</b> - 5gm <b>Chili Powder</b> - 5gm <b>Coconut Cream Block</b> - 5gm <b>Coriander</b> - 5gm <b>Cream of Tartar</b> - 5gm <b>Frankincense</b> - 5gm <b>Horseradish Root</b> - 5gm <b>Mace Ground</b> - 5gm	<b>Honey Products</b> <b>Royal Jelly</b> - 3.1 - 7gm <b>Bee Propolis</b> - 4.1 - 5gm <b>Enzymes:</b> <b>Co Enzyme Q10</b> - 10mg <b>Vegetable Enzymes</b> 4:1 - 7.5gm <b>Minerals:</b> <b>Calcium Amino Acid Chelate</b> 20% - 5gm <b>Chromium Nicotin</b> - 10mg <b>Copper Amino Acid Chelate</b> 20% - 5gm <b>Citric Acid</b> - 7.5gm <b>Iron Gluconate</b> 12.5% - 5gm <b>Iron Gluconate</b> 12.5% - 5gm <b>Magnesium Amino Acid Chelate</b> - 10gm <b>Manganese Gluconate</b> - 10gm <b>Mineral Clay Powder</b> - 7.5gm <b>Molybdenum</b> - 7.5gm <b>Selenium Methionine</b> 5% - 5gm <b>Sulphur Dioxide</b> (B.O.D.) - 7.5gm <b>Zinc Amino Acid Chelate</b> 20% - 2.5gm <b>Nutritional Oils &amp; Fats</b> <b>Cod Liver Powder</b> - 7.5gm <b>Evening Primrose</b> - 15ml <b>Garlic Powder</b> - 5gm <b>Lipoic acid</b> - 7.5gm <b>Lipoic acid</b> - 7.5gm <b>Olive Oil</b> - 15ml	<b>Alco Vars:</b> <b>Over 70 nutrients</b> including all vitamins <b>B1-B19</b> - 1/4 litre <b>Amino Acids:</b> <b>Glucosamine (n-Acetyl-d)</b> - 7.5gm <b>Glutamine</b> - 15gm <b>Hesperidin Complex</b> - 7.5gm <b>Histidine</b> - 7.5gm <b>Isoleucine</b> - 7.5gm <b>L-Aspartic Acid</b> - 7.5gm <b>L-Phenylalanine</b> - 7.5gm <b>Leucine</b> - 7.5gm <b>Lysine</b> - 7.5gm <b>L-Taurine</b> - 7.5gm <b>L-Threonine</b> - 7.5gm <b>Phosphatidyl Choline</b> - 10gm <b>Vitamins:</b> <b>Biotin</b> - 5mg <b>Calcitriol</b> - 15gm <b>VIT C</b> - 15gm <b>VIT E D</b> - Alpha Tocopherol - 10gm <b>K1</b> 5% - 1gm	<b>Honey</b> - 20ml <b>Indian Brandee</b> - 20ml <b>Vanilla</b> - 50gm



**PRODUCT FORMULA BY AILMENT & ILLNESS**

- 2 capsules 3 times daily over 20 days				
Prostrate Gland				
Essential Oils		Herbs/Spices	Base Ingredients	Flavouring
Impotence	Libido	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Dang Gui (Dong Quai) - 2gm Er Cha - 2gm Grapeseed - 15mcg Huang Qi - 2gm Jiang Can - 2gm Lian Zi (Red) - 2gm Lu Jiao Shuang - 2gm Mai Ya - 2gm Mu Dan Pi 2gm Pyrogallol - 10mcg Shu Di Huang - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Yohimbe (Prescription only) - 2gm  Spices: Allspice - 10gm Asafoetida - 10gm Celery Salt - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Dill Seeds - 10gm Fenugreek - 10gm Garlic - 10gm Horse radish Root - 10gm Mace Ground - 10gm	<b>Honey Products</b> Royal Jelly - 3.1 - 7gm Bee Propolis - 4.1 - 5gm  <b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm  <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm  <b>Alone Vers/Amino Acids/Vitamins</b> <b>Alone Vers:</b> Over 70 nutrients - 1/4 litre  <b>Amino Acids:</b> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm  <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandies - 20ml Vanilla - 50gm

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula Q</b>				
<b>- 2 capsules 3 times daily over 20 days</b>				
<b>Abrasions, Bruises, Burns, Cuts</b>				
<b>Burns</b>				
<b>Essential Oils</b>		<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Flavouring</b>
Anised 1/mtl		Herbs: 6:1 1/mtl	<b>Honey Products</b>	Honey - 20ml
Bergamot 1/mtl		1/mtl	Royal Jelly - 3:1 - 7gm	Indian Brandies - 20ml
Camphor 1/mtl		1/mtl	Base Propolis - 4:1 - 5gm	Vanilla - 50gm
Chamomile German 1/mtl		1/mtl	<b>Alco Veral/Amino Acids/Vitamins</b>	
Chamomile Maroc 1/mtl		1/mtl	Alco Veral: Over 70 nutrients - 1/4 litre	
Chamomile Roman 1/mtl		1/mtl	<b>Amino Acids:</b>	
Cinnamon Leaf 1/mtl		1/mtl	L-Threonine - 15gm	
Clove Buds 1/mtl		1/mtl	Superoxide Diamutase (S.O.D.) - 15gm	
Eucalyptus Globulus 1/mtl		1/mtl	<b>Enzymes/Minerals</b>	
Fennel 1/mtl		1/mtl	Vegetable Enzymes - 15gm	
Frankincense 1/mtl		1/mtl	<b>Minerals:</b>	
Ginger 1/mtl		1/mtl	Calcium Amino Acid Chelate 20% - 10gm	
Hyscop 1/mtl		1/mtl	VIT C - 15gm	
Juniper 1/mtl		1/mtl	Copper Amino Acid Chelate 20% - 10gm	
Lemon Grass 1/mtl		1/mtl	15gm	
Mountain Savory 1/mtl		1/mtl	Garlic - 5gm	
Niacin 1/mtl		1/mtl	Inositol 25gm	
Rose Geranium 1/mtl		1/mtl	Iron Gluconate 12.5% - 10gm	
Rosemary 1/mtl		1/mtl	Mineral Clay Powders - 15gm	
Tajatesia 1/mtl		1/mtl	Zinc Amino Acid Chelate 20% - 5gm	
Thyme Red 1/mtl		1/mtl		
Ylang Ylang 1/mtl		1/mtl		

# PRODUCT FORMULA BY AILMENT & ILLNESS

Product Formula R		- 2 capsules 3 times daily over 20 days • Formula Z - CRR - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)	
Arthritis - Osteo	Gout	Osteoporosis	Sciatica
Arthritis - Rheumatoid	Inflammation, Back Ache, Sprains	Scarredosis	Varicose Veins
Essential Oils	Herbs/Spices	Base Ingredients	Flavouring
Bergamot Camphor Chamomile German Chamomile Maroc Chamomile Roman Chamomile Leaf Clove Bud Eucalyptus Globulus Fatigue Fennel Frankincense Ginger Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Red Myrtle Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Dao Yu (Ginkgo) - 2gm Bala 2gm Boswellia Serrata - 1gm Chen Xiang - 2gm Da Huang - 2gm Dang Shen - 2gm Er Cha - 2gm Fu Ling - 2gm Grapeseed - 15mcg Jin Yin Hua - 2gm Mai Men Dong - 2gm Mao Zhao Cao (Cats Claw) - 2gm Pycnogenol - 10mcg Salix Alba (White Willow) - 10gm Shi Mu - 2gm Shi Mu - 2gm Xian He Cao - 2gm Yan Hu Sui - 2gm Zhi Mu - 2gm Spices: Asafetida - 10gm Cardamom - 10gm Chili Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Dutch Caraway - 10gm Fenugreek - 10gm Horseradish Rooted - 10gm Juniper Berries - 10gm Laos Powder - 10gm Maca Ground - 10gm Turmeric - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm Enzymes/Minerals Vegetable Enzymes - 15gm Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm Vitamins: VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Aloes Vera/Amino Acids/Vitamins Aloes Vera: Over 70 nutrients - 1/2 litre Amino Acids: L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm Flavouring Honey - 20ml Indian Brande - 20ml Vanilla - 50gm

# **PRODUCT FORMULA BY ALLMENT & ILLNESS**

## **SPORTS PERFORMANCE & INJURIES**

### **Product Formula S1**

- 2 capsules 3 times daily over 20 days

- 4 Formula Z - CRN - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

Internal Body Conditioner Stamina

\*\*Energy Booster

Immune Balancing System

Essential Oils	Herbs and Spices	Base Ingredients	Flavouring	Practitioners
Anised Basil Bergamot Chamomile German Chamomile Maroco Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Chi Shao Yao - 2gm Da Huang - 2gm Dang Gui (Dong Quai) - 2gm Er Cha - 2gm Fu Pan Zi - 2gm Gou Teng - 2gm Mao Zhao Cao (Cats Claw) - 2gm Mu Li - 2gm Su Mu - 2gm Wu Jia Pi - 2gm Spices: Asafetida - 10gm Cardam - 10gm Chilli Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Dill Seeds - 10gm Fenugreek - 10gm Horseradish Ribbed - 10gm Juniper Berries - 10gm Lemon Grass - 10gm Maca Ground - 10gm Mixed Spices - 10gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm <b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetable Enzymes - 15gm <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm <b>Amino Acids:</b> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	<b>Alisa Vera/Amino Acids/</b> <b>Vitamins</b> Alisa Vera: Over 70 nutrients - ¼ litre <b>Amino Acids:</b> L- Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Flower Remedy Chinese Acupuncture - 2 sessions Chiropractic - 2 sessions Alexander Technique

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**EXTERNAL PHYSIO APPLICATION - SPORTS PERFORMANCE & INJURIES**

**Product Formula S2**

**Pre Performance Lotion (per 10 applications)**

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil
Heat Lotion - 20gm	Aniseed Basil Chamomile Maro Fennel	Herbs: 5:1 Chi Shao Yao - 2gm Qiang Huo - 2gm  Spices: Cardamom - 10gm Ginger - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**Product Formula S3**

**EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES**  
 + Formula Z - CR83 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)  
 Maintenance Recovery Massage (per 10 applications)

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioner's Aromatherapy/ Reflexology Application - 2 sessions
Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed Basil Camphor Chamomile Maro Eucalyptus Globulus Juniper	Herbs: 5:1 Chi Shao Yao - 2gm Dang Gui (Dong Quai) - 2gm Salix Alba (White Willow) - 10gm 1:1 Qiang Huo - 2gm  Spices: Asafetida - 10gm Fenugreek - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula S4**

**EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES**

Direct Internal & Surface Injury (per 10 applications)

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gm	Aniseed 1/4ml Basil 1/4ml Camphor 1/4ml Eucalyptus Globulus 1/4ml Fennel 1/4ml	Herbs: 8:1 Ba Ji Tian - 2gm Dang Gui (Dong Quai) - 2gm Qiang Huo - 2gm Salki Alba (White Willow) - 10gm 1:1 Su Zi (Zi Su Zi) - 2gm  Spices: Ginger - 10gm Horseshoah - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Acupuncture/ Reflexology Applied - - 2 sessions Osteopathy - 2 sessions

63

**Product Formula S5**

**EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES**

Cramp Fatigue Lotion (per 10 applications)

Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Massage Oil	Practitioners
Aloe Activator - 10ml Heat Lotion - 20gm	Camphor 1/4ml Rescue Remedy 1/4ml	Herbs: 8:1 Hu Po - 2gm Huang Lian - 2gm Salki Alba (White Willow) - 10gm 1:1 Qiang Huo - 2gm  Spices: Chilli - 10gm Lemon Grass - 10gm	Bee Propolis - 4:1 - 5gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	Acupuncture/ Reflexology Applied - - 2 sessions

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula S8					
EXTERNAL PHYSIO AND REFLEXOLOGY APPLICATION - SPORTS PERFORMANCE & INJURIES					
Fatigue Fractures					
(per 10 applications)					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Message Oil
Aloe Activator - 10ml Heat Lotion - 20gm	Alised Basil Camphor Eucalyptus Globulus Ginger	Herbs: 8:1 1/2gm Dong Gui (Dong Quai) - 2gm 1/2gm Giang Huo - 2gm 1/2gm Salix Alba (White Willow) - 10gm 1:1 Spices: Allspice - 10gm Dill Seeds - 10gm	Bee Propolis - 4:1 - 6gm	B8 - 20gm	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
					Practitioner: Aromatherapy/ Reflexology Application - 2 sessions

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula I** After crisis - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)  
 -- Followed by Formula F - Clearsea Balancing System  
 - 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)  
 -- Abuse (short term) **50-100 50-100**  
 -- Trauma/Shock (short term)

Flower Remedies	Essential Oils	Herbal/Indian Species	Base Ingredients	
Rescue Remedy - 1ml	Dill 1/4ml	Herbs: 1:1 Bu Gu Zhi - 2gm Chen Xiang - 2gm Guo Tong - 2gm Wu Bai Zi - 2gm  Spices: Garlic - 10gm Lao - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula U</b>				
<b>Schizophrenia</b>				
<b>- 2 capsules 3 times daily over 20 days</b>				
Essential Oils	Herbs/Spices	Honey Products	Base Ingredients	Flavouring
Basil 1/4ml	Herbs: 6:1 Da Huang - 2gm	Royal Jelly - 3:1 - 7gm	<b>Alsa Vera/Amino Acids/Vitamins</b>	Honey - 20ml
Bergamot 1/4ml	Er Cha - 2gm	Bee Propolis - 4:1 - 5gm	<b>Alsa Vera:</b>	Indian Brandee - 20ml
Chamomile German 1/4ml	Hu Huang Lian - 2gm		Over 70 nutrients - 1/4 litre	Vanilla - 50gm
Chamomile Maroc 1/4ml	Huo Ma Ren - 2gm			
Chamomile Roman 1/4ml	Su Mu - 2gm	<b>Enzymes/Minerals</b>	<b>Amino Acids:</b>	
Cinnamon Leaf 1/4ml	Wu Ji Pi - 2gm	<b>Enzymes:</b>	L-Threonine - 15gm	
Clove Buds 1/4ml	Ye Ju Hua - 2gm	Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm	
Eucalyptus Globulus 1/4ml				
Fennel 1/4ml	<b>Spices</b>	<b>Minerals:</b>	<b>Vitamins:</b>	
Frankincense 1/4ml	Alspice - 10gm	Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm	
Ginger 1/4ml	Asafetida - 10gm	Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm	
Hyssop 1/4ml	Caraway Ground - 10gm			
Juniper 1/4ml	Chilli Powder - 10gm			
Lavender 1/4ml	Coconut Cream Block - 10gm			
Lemon Grass 1/4ml	Coriander - 10gm			
Mountain Savoury 1/4ml	Dill Seeds - 10gm			
Nicouli 1/4ml	Fenugreek - 10gm			
Rose Geranium 1/4ml	Honaredish Ribbled - 10gm			
Rosemary 1/4ml	Meca Ground - 10gm			
Teagates 1/4ml	Mustard Seed Yellow - 10gm			
Thyme Red 1/4ml	Onits Root - 10gm			
Yang Yang 1/4ml				

# **PRODUCT FORMULA BY AILMENT & ILLNESS**

## **Product Formula V**

- 2 capsules 3 times daily over 20 days
- Followed by Formula F - Clarissa Balancing System
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart, maximum 7 days apart)

- \*\*Abuse (long term)
- \*\*Bereavement/Loss

\*\*Trauma/shock (long term)

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Bergamot	1/2ml	Herbs: 8:1	Honey Products	Alco Vera/Amino Acids/Vitamin	Honey - 20ml
Chamomile German	1/2ml	Chi Shao Yso - 2gm	Royal Jelly - 3:1 - 7gm	Alco Vera:	Indian Brandee - 20ml
Chamomile Maroc	1/2ml	Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 1/4 litre	Vanilla - 50gm
Chamomile Roman	1/2ml	Er Cha - 2gm			
Cinnamon Leaf	1/2ml	Er Cha - 2gm	Enzymes/Minerals	Amino Acids:	
Clove Buds	1/2ml	Er Cha - 2gm	Enzymes:	L-Threonine - 15gm	
Eucalyptus Globulus	1/2ml	Ting Li Zi - 2gm	Vegetable Enzymes - 15gm	Superoxide Dismutase (S.O.D.) - 15gm	
Fennel	1/2ml	Wu Jia Pi - 2gm			
Frankincense	1/2ml	Spices:	Minerals:	Vitamins:	
Hyssop	1/2ml	Alspice - 10gm	Calcium Amino Acid Chelate 20% - 10gm	VIT C - 15gm	
Juniper	1/2ml	Asafetida - 10gm	Copper Amino Acid Chelate 20% - 15gm	VIT E D - Alpha Tocopherol - 10gm	
Lemon Grass	1/2ml	Celery Salt - 10gm	Garlic - 5gm		
Mountain Savoury	1/2ml	Chilli Powder - 10gm	Inositol 25gm		
Niaouli	1/2ml	Coconut Cream Block - 10gm	Iron Gluconate 12.5% - 10gm		
Patchouli	1/2ml	Coconut Ground - 10gm	Mineral Clay Powders - 15gm		
Rose Geranium	1/2ml	Coriander - 10gm	Zinc Amino Acid Chelate 20% - 5gm		
Rosemary	1/2ml	Fenugreek - 10gm			
Thyme Red	1/2ml	Horsetail Steeped - 10gm			
Ylang Ylang	1/2ml	Mace Ground - 10gm			
		Mango Powder - 10gm			

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula W1			
WEIGHT MANAGEMENT			
Clartasa Weight Care System - 2 capsules daily at bedtime over 20 days			
Essential Oils	/gm	Herbs/Spices	Base Ingredients
Bergamot		<p>Herbs: 8:1</p> <p>Guo Teng - 2gm</p> <p>Ji Xue Teng - 2gm</p> <p>Spices:</p> <p>Carob - 10gm</p> <p>Dill Seeds - 10gm</p> <p>Juniper Berries - 10gm</p> <p>Mixed Spices Sweet - 10gm</p>	<p><b>Herbal Products</b></p> <p>Royal Jelly - 3:1 - 7gm</p> <p>Bee Propolis - 4:1 - 5gm</p> <p><b>Enzymes/Minerals</b></p> <p>Enzymes:</p> <p>Vegetable Enzymes - 15gm</p> <p><b>Minerals:</b></p> <p>Calcium Amino Acid Chelate 20% - 10gm</p> <p>Copper Amino Acid Chelate 20% - 15gm</p> <p>Garlic - 5gm</p> <p>Inositol 25gm</p> <p>Iron Gluconate 12.5% - 10gm</p> <p>Mineral Clay Powders - 15gm</p> <p>Zinc Amino Acid Chelate 20% - 5gm</p> <p><b>Aloe Vera/Amino Acids/ Vitamins</b></p> <p>Aloe Vera:</p> <p>Over 70 nutrients - ¼ litre</p> <p><b>Amino Acids:</b></p> <p>L- Threonine - 15gm</p> <p>Superoxide Dismutase (S.O.D.) - 15gm</p> <p><b>Vitamins:</b></p> <p>VIT C - 15gm</p> <p>VIT E D - Alpha Tocopherol - 10gm</p>
			<p><b>Flavouring</b></p> <p>Honey - 20ml</p> <p>Indian Brandee - 20ml</p> <p>Vanilla - 50gm</p>

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula W2</b>			
<b>WEIGHT MANAGEMENT</b>			
<b>Clarissa Meal Replacement Diet Juice - 50ml per Meal Replacement over 20 days</b>			
Bergamot	Essential Oils 1/4ml	Herbs/Spices	Base Ingredients
		<p>Herbs: 5:1 Gao Ban - 2gm Sang Ye - 2gm</p> <p>Spices: Dill Seeds - 10gm Fennel - 10gm Mixed Spices Sweet - 10gm Mushroom - 10gm</p>	<p><b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm</p> <p><b>Enzymes/Minerals</b> <b>Enzymes:</b> Vegetarian Enzymes - 15gm Soy Protein Isolate - 20gm Soy Protein Isolate - 50gm Whey Protein - 20gm</p> <p><b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm</p> <p><b>Amino Acids:</b> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm</p> <p><b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm</p> <p><b>Alco Vars/Amino Acids/Vitamins</b> <b>Alco Vars:</b> Over 70 nutrients - 1/4 litre</p>
			<p><b>Flavouring</b> Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm</p>

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

WEIGHT MANAGEMENT				
Product Formula W3				
Clarissa Chinese Slimming and Detoxifying Tea - 1 cup 3 times daily				
Stale Breath				
Essential Oils	Herbal/Spices	Flavouring	Other	
Bergamot	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Ban Xia 2gm Chan Tiu - 2gm Chi Shao Yao - 2gm Garcinia Cambogia - 10gm Gou Teng - 2gm Horsetail - 5gm (1:1) Lion Zi (Red) - 2gm Male Leaf - 5gm (1:1) Mao Zhao Cao (Cat's Claw) 5gm (1:1) Milk Thistle Seed - 5gm (1:1) Ou Jie - 2gm Spirulina - 5gm (1:1) Wang Bu Liu Xing Guo - 2gm Wu Jia Pi - 2gm Spices: Allspice - 10gm Cardamom - 10gm Cassia - 10gm Dill Seeds - 10gm Celery Salt - 10gm Garlic - 10gm Lemon Grass - 10gm Mixed Spices Sweet - 10gm Tamarind Block - 10gm	Limon - 20gm	Clinin - 5gm	

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

WEIGHT MANAGEMENT				
Product Formula W4				
Anti-Cellulite Formula				
Essential Oils	Herbs/Spices	Honey Products	Base Ingredients	Flavouring
Aniseed 1/4ml Chamomile Maroc 1/4ml Grapeseed 1/4ml Juniper 1/4ml	Herbs: 8:1 Dang Gui - 2gm (Dong Quai) Guo Tong - 2gm Qiang Huo - 2gm Tian Nan Xing - 2gm Wang Bu Liu Xing Guo - 2gm Wu Ji Pi - 2gm  Spices: Allspice - 10gm Cinnamon - 10gm Fenugreek - 10gm Garlic - 10gm	Honey Products Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm  Enzymes/Minerals Vegetable Enzymes - 15gm  Minerals: Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	<b>Aloe Vera/Amino Acids/Vitamins</b> <b>Aloe Vera:</b> Over 70 nutrients - 1/2 litre  <b>Amino Acids:</b> L- Threonine - 15gm Superoxide Diamutase (S.O.D.) - 15gm  <b>Vitamins:</b> VIT C - 15gm VIT E - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brandee - 20ml Vanilla - 50gm

SKIN CARE				
Product Formula X1				
Bodycare Lotion				
Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Benzoin 1/4ml Bergamot 1/4ml Chamomile Maroc 1/4ml Cypress 1/4ml Dill 1/4ml Hyssop 1/4ml Lavender 1/4ml Patchouli 1/4ml Rose Geranium 1/4ml Sandalwood 1/4ml Ylang Ylang 1/4ml	Herbs: 8:1 Chuan Lian Zi - 2gm Da Zao - 2gm  Spices: Allspice - 10gm Cayenne Pepper - 10gm	Honey Products Bee Propolis - 4:1 - 5gm	Vitamins/Amino Acids VIT E - 30gm Euxyl K100 - 10gm Inositol - 10gm L-Phenylalanine - 10gm	Base Formulation Avocado Oil 15% Cellulose 15% Coloidal Sulphur 5% Emulsifying Ointment 30% Glycerol 15% Purified Water 89% Phenoxyethanol 1% Sodium Laureth 5% Wheatgerm Oil 15% Witch Hazel Extract 15%

## PRODUCT FORMULA BY AILMENT &amp; ILLNESS

SKIN CARE					
Product Formula X2					
Facacare Lotion					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Crepe 1ml	Bergamot Fennel Frankincense Hyssop Juniper Lavender Lemon Niacin Patchouli Pine Rosemary	Herbs: 5:1 Chuan Lian Zi - 2gm Suan Zao Ren - 2gm  Spices: Aniseed - 10gm Cumin - 10gm	Bee Propolis - 4:1 - 6gm	VIT E - 30gm Eucyl K100 - 10gm Inositol - 10gm L-Phenylalanine - 10gm	Emulsifying Ointment 30% Grapeseed Oil 15% Purified Water 69% Phenoxyethanol 1% Vegetable Oil 15% Wheatgerm Oil 15%

SKIN CARE					
Product Formula X3					
Haircare Lotion & Restoration					
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation
Bee Propolis Crepe 1ml	Bergamot Bergamot Chamomile Maroc Eucalyptus Globulus Jojoba Lavender Rose Geranium Rosemary	Herbs: 5:1 Bo He - 2gm Da Zao - 2gm  Spices: Arrowroot - 10gm Cassia - 10gm		VIT E - 30gm Inositol - 10gm L-Phenylalanine - 10gm	Dehydrol 10% Emulsifying Ointment 30% Jojoba Oil 30% Purified Water 69% Phenoxyethanol 1%

**PRODUCT FORMULA BY AILMENT & ILLNESS**

SKIN CARE						
Product Formula X4						
Nutriolcare Protection Lotion						
	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation	
Aloe Vera						
Bee Propolis	Bergamot	Herbs: 8:1	Bee Propolis - 4.1 - 5gm	VT E - 30gm	Avocado Oil 15%	
Creme 1ml	Cedarwood	Chuan Lian Zi - 2gm		Eusyl K100 - 10gm	Carrot Oil 15%	
	Chamomile Maroc	Hua Jiao - 2gm		Inositol - 10gm	Cellulose 15%	
	Cypress	Spices:		L-Phenylalanine - 10gm	Colloidal Sulphur 5%	
	Fennel	Celery Salt - 10gm			Emulsifying Chlorment	
	Frankincense				30%	
	Juniper				Grapeseed Oil 15%	
	Lavender				P-Chloro M. Cresol 15%	
	Lemon				Purified Water 69%	
	Mountain Savoury				Phenoxyethanol 1%	
	Rose Geranium				Sodium Laureth 5%	
	Neroli				Triethanolamine 10%	
	Sandalwood				Wheatgerm Oil 15%	
Nectar						
Nutritional						
Drink						
10ml daily						

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>SKIN CARE</b>						
<b>Product Formula X5</b>						
Suncare Lotion - Pre sunbathing X5 (i) After sun X5 (ii)						
Aloe Vera	Essential Oils	Herbs/Spices	Honey Products	Vitamins/Amino Acids	Base Formulation	
X5 (i) Bee Propolis Crema 1ml	Bergamot Chamomile Maroc $\frac{1}{2}$ ml $\frac{1}{2}$ ml	Herbs: 6:1 Cang Er Zi - 2gm Qiang Huo - 2gm Spices: Chilli - 10gm Garlic - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm L-Phenylalanine - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%	
X5 (ii) Bee Propolis Crema 1ml	Bergamot Dill Fennel	Herbs: 6:1 Cang Er Zi - 2gm Hua Jiao - 2gm Qiang Huo - 2gm Spices: Cinnamon - 10gm Fenugreek - 10gm	Bee Propolis - 4:1 - 5gm	VIT E - 30gm Euxyl K100 - 10gm L-Phenylalanine - 10gm	Emulsifying Ointment 30% Purified Water 69% Phenoxyethanol 1%	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**PET, VETERINARY & EQUINE CARE**

**Product Formula Y1**

**Immune System**

**Nutritional Supplement - Daily dose of 5ml in food**

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil 1/4ml	1/4ml	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 1gm	<b>Honey Products</b> Royal Jelly - 31 - 7gm	<b>Aloe Vera/Amino Acids/ Vitamins</b> <b>Aloe Vera:</b> Over 70 nutrients including all vitamins B1-B16 - 1/4 litre	Honey - 20ml Indian Brande - 20ml Vanilla - 50gm
Bergamot 1/4ml	1/4ml	Ban Xia - 1gm	<b>Enzymes:</b> Co Enzyme Q10 - 10 mcg	<b>Amino Acids:</b> Hesperidin Complex - 7.5gm	
Chironomella German 1/4ml	1/4ml	Boswellia Serrata - 5gm	Vegetable Enzymes 4:1 - 7.5gm	Histidine - 7.5gm	
Chironomella Maroc 1/4ml	1/4ml	Da Huang - 1gm	<b>Minerals:</b> Calcium Amino Acid Chelate 20% - 5gm	Isoleucine - 7.5gm	
Chironomella Roman 1/4ml	1/4ml	Er Chia - 1gm	Copper Amino Acid Chelate 20% - 7.5gm	L-Aspartic Acid - 7.5gm	
Clove Buds 1/4ml	1/4ml	Go Qi Zi (Lyddon) - 1gm	Salt Amino Acid Chelate 20% - 7.5gm	L-Glutamine - 15gm	
Dill 1/4ml	1/4ml	Ma Zi Ren (15mcg)	Chromium Niacin - 10mcg	L-Phenylalanine - 7.5gm	
Eucalyptus Globulus 1/4ml	1/4ml	Man Zhao Cao (Cats Claw) - 1gm	Devil's Claw - 7.5gm	Lecithin - 7.5gm	
Fennel 1/4ml	1/4ml	Pinogond - 10mcg	Garlic - 5gm	Lysine - 7.5gm	
Frankincense 1/4ml	1/4ml	Shi Liu Jiao Si - 1gm	Inositol 12.5gm	L-Taurine - 7.5gm	
Juniper 1/4ml	1/4ml	Su Mu - 1gm	Iron Gluconate 12.5% - 5gm	L-Threonine - 7.5gm	
Lemon Grass 1/4ml	1/4ml	Wu Jia Pi - 1gm	Magnesium Amino Acid Chelate - 10gm	Phosphatidyl Choline - 10gm	
Mountain Savoury 1/4ml	1/4ml	Spices:	Magnesium Gluconate - 10gm	<b>Vitamins:</b> Beta-carotene Dunaliella Salina Algae 2.5% - 7.5gm	
Niacin 1/4ml	1/4ml	Alspice - 10gm	Mineral Clay Powders - 7.5gm	Biotin - 5mcg	
Peppermint 1/4ml	1/4ml	Asaricidula - 10gm	Molybdenum - 7.5gm	Folic Acid - 15gm	
Rose Geranium 1/4ml	1/4ml	Cinnamon Sugar - 10gm	Selenium Methionine 5% - 5gm	VIT C - 15gm	
Rosemary 1/4ml	1/4ml	Coconut Cream Block - 10gm	Superoxide Dismutase (S.O.D.) - 7.5gm	Zinc Alpha Tocopherol - 10gm	
Tagetes 1/4ml	1/4ml	Coriander - 10gm	Zinc Amino Acid Chelate 20% - 2.5gm	K1 5% - 1gm	
Thyme Red 1/4ml	1/4ml	Fenugreek - 10gm	<b>Nutritional Oils &amp; Fats</b> Cod Liver Powder - 7.5gm		
Ylang Ylang 1/4ml	1/4ml	Horseradish Root - 10gm	Evening Primrose - 15ml		
		Juniper Berries - 10gm	Linoleic Acid - 7.5gm		
		Licor - 10gm	Linoleic Acid - 7.5gm		
		Mace Ground - 10gm	Omega Oil - 15ml		

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula Y2</b> <b>PET, VETERINARY &amp; EQUINE CARE</b> <b>- 6 capsules daily in food over 20 days</b> <b>Intestine System</b>				
Essential Oils	Herbs/Spices	Base Ingredients		Flavouring
Aniseed Bergamot Camphor Chamomile German Chamomile Maroccan Chamomile Roman Cinnamon Leaf Clove Buds Eucalyptus Globulus Fennel Frankincense Ginger Hyssop Juniper Lemon Grass Mountain Savoury Niaouli Peppermint Rose Geranium Rosemary Tagetes Thyme Red Ylang Ylang	Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Da Huang - 2gm Er Cha - 2gm Salix Alba (White Willow) - 10gm 1:1 Shu Niu Jiao Si - 2gm Su Mu - 2gm Wu Ji Pi - 2gm Spices: Asafetida - 10gm Cassia - 10gm Chili Powder - 10gm Coconut Cream Block - 10gm Coriander - 10gm Cream of Tartar - 10gm Dill Seeds - 10gm Fenugreek - 10gm Horseradish Root - 10gm Mace Ground - 10gm	<b>Honey Products</b> Royal Jelly - 3:1 - 7gm Bee Propolis - 4:1 - 5gm <b>Enzymes/Minerals</b> Vegetable Enzymes - 15gm <b>Minerals:</b> Calcium Amino Acid Chelate 20% - 10gm Copper Amino Acid Chelate 20% - 15gm Garlic - 5gm Inositol 25gm Iron Gluconate 12.5% - 10gm Mineral Clay Powders - 15gm Zinc Amino Acid Chelate 20% - 5gm	<b>Alse Vera/Amino Acids/Vitamins</b> <b>Alse Vera:</b> Over 70 nutrients - 1/2 litre <b>Amino Acids:</b> L-Threonine - 15gm Superoxide Dismutase (S.O.D.) - 15gm <b>Vitamins:</b> VIT C - 15gm VIT E D - Alpha Tocopherol - 10gm	Honey - 20ml Indian Brande - 20ml Vanilla - 50gm



**PRODUCT FORMULA BY AILMENT & ILLNESS**

**PET, VETERINARY & EQUINE CARE**

**Product Formula Y4**

**Viral Antidote**

**- 8 capsules daily in food over 20 days**

Essential Oils		Herbs/Spices	Base Ingredients		Flavouring
Basil 1/1ml		Herbs 8:1	Honey Products	Alse Vera/Amino Acids/Vitamins	Honey - 20ml
Bergamot 1/1ml		Bai Guo Ye (Ginkgo) - 2gm	Royal Jelly - 3:1 - 7gm	Alse Vera:	Indian Brandies - 20ml
Camphor 1/1ml		Da Huang - 2gm	Bee Propolis - 4:1 - 5gm	Over 70 nutrients - 1/2 litre	Vanilla - 50gm
Chamomile German 1/1ml		Er Cha - 2gm			
Chamomile Maroc 1/1ml		Mao Zhao Cao (Cats Claw) - 2gm	Enzymes/Minerals	Amino Acids:	
Chamomile Roman 1/1ml		Salix Alba (White Willow) - 10gm	Enzymes:	L-Glutamin - 15gm	
Cinnamon Leaf 1/1ml		1:1	Vegetable Enzymes - 15gm	L-Threonine - 15gm	
Clove Buds 1/1ml		Shu Niu Jiao Si - 2gm	Minerals:	Superoxide Dismutase (S.O.D.) - 15gm	
Eucalyptus Globulus 1/1ml		Su Mu - 2gm	Calcium Amino Acid Chelate 20% - 10gm		
Fennel 1/1ml		Wu Jia Pi - 2gm	Copper Amino Acid Chelate 20% - 15gm	Vitamins:	
Frankincense 1/1ml		Zhi Zi - 2gm	Garlic - 5gm	VIT C - 15gm	
Ginger 1/1ml		Spices:	Insulin 25gm	VIT E D - Alpha Tocopherol - 10gm	
Hyssop 1/1ml		Alspice - 10gm	Iron Gluconate 12.5% - 10gm		
Juniper 1/1ml		Asarotidia - 10gm	Mineral Clay Powders - 15gm		
Lemon Grass 1/1ml		Celery Salt - 10gm	Zinc Amino Acid Chelate 20% - 5gm		
Mountain Savoury 1/1ml		Chilli Powder - 10gm			
Nicouli 1/1ml		Coconut Cream Block - 10gm			
Peppermint 1/1ml		Coriander - 10gm			
Rose Geranium 1/1ml		Cream of Tartar - 10gm			
Rosemary 1/1ml		Fenugreek - 10gm			
Tagetes 1/1ml		Horseradish Ribbed - 10gm			
Thyme Red 1/1ml		Mace Ground - 10gm			
Ylang Ylang 1/1ml		Mixed Spices Sweet - 10gm			

**PRODUCT FORMULA BY AILMENT & ILLNESS**

Product Formula Z - CRA				
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)				
Clarissa Recovery Remedy				
Meningitis Strokes & Heart Attacks				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil Carrot Ginger	Herbs: 5:1 Chen Tu - 2gm Chen Xiang - 2gm Fu Pen Zi - 2gm Qiang Huo - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Cumin - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

Product Formula Z - CRB				
- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)				
Clarissa Recovery Remedy				
Irritable Bowel Organophosphate Disease (OP's)				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Aniseed Basil Bergamot Carrot	Herbs: 5:1 Bai He - 2gm Chen Xiang - 2gm Chi Shao Yao - 2gm Huo Ma Ren - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Cassia - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula Z - CRC2</b>				
<b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)</b>				
<b>Clarissa Recovery Remedy</b>				
<b>Influenza</b>				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil 1/6ml Bergamot 1/6ml Eucalyptus Globulus 1/6ml Jogoba 1/6ml	Herbs: 5:1 Bo He - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Da Zao - 2gm Lian Zi - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Fennel - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

<b>Product Formula Z - CRJ</b>				
<b>- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)</b>				
<b>Clarissa Recovery Remedy</b>				
<b>Alzheimer's Disease</b>				
<b>Batten's Disease</b>				
<b>Herpes</b>				
<b>Parkinson's Disease</b>				
<b>Senile Dementia</b>				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil 1/6ml Carrot 1/6ml Eucalyptus Globulus 1/6ml	Herbs: 5:1 Bai Gou - 2gm Cang Er Zi - 2gm Chen Xiang - 2gm Dan Shen - 2gm Gao Ben - 2gm Shu Di Huang - 2gm  Spices: Anise Star - 10gm Coriander - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml	

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<u>Product Formula Z - CRM</u>		- 2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)	
<b>Anaemia</b>	<b>Clarissa Recovery Remedy</b>	<b>Muscular Dystrophy</b>	
<b>Motor Neurone Disease</b>	<b>M.E.</b>	<b>Thyroid Gland (over &amp; under active)</b>	
<b>Essential Oils</b>	<b>Herbs/Spices</b>	<b>Base Ingredients</b>	<b>Carrier Oils</b>
Basil Bergamot Eucalyptus Globulus Juniper	Herbs: 5:1 Bai Jiang Cao - 2gm Chen Xiang - 2gm Chi Shao Yao - 2gm Shu Di Huang - 2gm Ting Li Zi - 2gm Ye Yu Hua - 2gm Spices: Anise Star - 10gm Ginger - 10gm	Aloe Vera Pure - 20ml Honey - 20ml	Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml

**PRODUCT FORMULA BY AILMENT & ILLNESS**

<b>Product Formula Z - CRN</b>		<b>NUTRITIONAL BOOST</b>			
<b>- 2 sessions Reflexology (minimum 2 hours apart maximum 7 days apart)</b>		<b>Clarissa Recovery Remedy</b>			
<b>Acne</b>	<b>Anorexia</b>	<b>Cancer</b>	<b>Hepatitis</b>	<b>Sports - Energy booster &amp; stamina</b>	
<b>Aids</b>	<b>Bulimia</b>	<b>Candida</b>	<b>Leukaemia</b>		
<b>Essential Oils</b>		<b>Herbs/Spices</b>		<b>Base Ingredients</b>	
Black Pepper Chamomile Roman Eucalyptus Globulus Fennel Juniper Peppermint Teagates		Herbs: 5:1 Bai Guo Ye (Ginkgo) - 2gm Bai Ji Tian - 2gm Che Qian Zi - 2gm Dang Shen - 2gm Fu Per Zi - 2gm He Zi - 2gm Xing Ren - 2gm	Honey Products Honey - 20ml Royal Jelly - 2gm Bee Propolis - 3gm Enzymes/Minerals Co Enzyme Q10 - 2mcg	Aloe Vera/Amino Acids/Vitamins Aloe Vera: Over 70 nutrients - 40ml Amino Acids: Histidine - 3gm L-Phenylalanine - 3gm L- Threonine - 3gm	Massage Oils Avocado - 10ml Grapeseed - 40ml Hazelnut - 10ml
		Spices: Arrowroot - 10gm Ginger - 10gm Laos - 10gm Turmeric - 10gm	Minerals: Calcium Amino Acid Chelate 20% - 2gm Iron Chelate 12.5% - 2gm Zinc Amino Acid Chelate 20% - 1gm Nutritional Oils Evening Primrose - 5ml	Vitamins: Betacarotene Dunaliella Salina Algae - 3gm Biotin - 1mcg VIT C - 3gm VIT E D - Alpha Tocopherol - 2gm KI - 300mg	

**2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)**

**2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)**

## Clarissa Recovery Remedy

Arthritis - Rheumatoid Osteoporosis				
Essential Oils	Herbs/Spices	Base Ingredients	Carrier Oils	
Basil 1/ani	Herbs: 8:1	Aloe Vera Pure - 20ml	Avocado - 10ml	
Bergamot 1/ani	Bai Jiang Cao - 2gm	Honey - 20ml	Grapeseed - 40ml	
Eucalyptus Globulus 1/ani	Chen Xiang - 2gm		Hazelnut - 10ml	
Juniper 1/ani	Chuan Lian Zi - 2gm			
Niaulif 1/ani	Huo Ma Ren - 2gm			
	Ou Ja - 2gm			
	Shu Di Huang - 2gm			
	Spices:			
	Anise Star - 10gm			
	Dill - 10gm			

**Product Formula Z - CRS3**

**2 sessions with Aromatherapist/Reflexologist (minimum 2 hours apart maximum 7 days apart)**

## Clarissa Recovery Remedy

Essential Oils		Herbs/Spices	Base Ingredients	Carrier Oils
Basil	1/4ml	Herbs: 5:1		
Bergamot	1/4ml	Bai Dou Kou - 2gm	Aloe Vera Pure - 20ml	Avocado - 10ml
DIJ	1/4ml	Chen Xiang - 2gm	Honey - 20ml	Grapeseed - 40ml
Eucalyptus Globulus	1/4ml	Dan Shen - 2gm		Hazelnut - 10ml
		Ji Xue Feng - 2gm		
		Shu Di Huang - 2gm		
		Spices:		
		Anise Star - 10gm		
		Cinnamon - 10gm		

**PRODUCT FORMULA BY AILMENT & ILLNESS**

**Product Formula Z - CRZ**

**Recovery & Toning Bath Oil (20 applications)**

Essential Oils		Herbs/Spices		Carrier Oils	
Bergamot	1/4ml	Herbs: 5:1		Grapeseed Oil - 40ml	
Lavender	1/4ml	Cang Er Zi - 1gm		Avocado Oil - 40ml	
Rosemary	1/4ml	Chen Xiang - 1gm		Water - 160ml	
		Da Huang - 1gm			
		Shu Di Huang - 1gm			
		Ting Li Zi - 1gm			
		Spices:			
		Anise Star - 1gm			

## CLAIMS

1. A medicinal or cosmetic composition comprising at least one essential oil in combination with at least one spice and/or at least one herb.
2. A medicinal or cosmetic composition according to Claim 1, wherein the composition comprises one or more essential oils selected from: bergamot, chamomile german, chamomile maroc, chamomile roman, cinnamon zeylanicum, clove buds, eucalyptus globulus, frankincense, fennel, hyssop, juniper, lemon grass, mountain savoury, niaouli, red thyme, rosemary, rose geranium, tagestes and ylang ylang.
3. A medicinal or cosmetic composition according to Claims 1 or 2, wherein the composition comprises one or more Chinese herbs selected from: Acacia Catechu, Acanthopanax Gracilistylus, Caesalpinia Sappan and Epimedium Spinosum.
4. A medicinal or cosmetic composition according to any preceding claim wherein the composition comprises one or more spices selected from: asapoetidia, coconut, coriander, fenugreek and horseradish.

5. A medicinal or cosmetic composition according to any preceding claim comprising

(a) the following essential oils:

bergamot, chamomile german, chamomile maroc,  
chamomile roman, cinnamon zeylanicum, clove  
buds, eucalyptus globulus, frankincense,  
fennel, hyssop, juniper, lemon grass, mountain  
savory, niaouli, red thyme, rosemary, rose  
geranium, tagetes and ylang ylang.

(b) the following Chinese herbs:

Acacia Catechu, Acanthopanax Gracilistylus,  
Caesalpinia Sappan and Epimedium Spinosum.

(c) the following spices:

asapoetidia, coconut, coriander, fenugreek and  
horseradish.

6. A medicinal or cosmetic composition according to any preceding claim additionally comprising an Aloe vera extract.

7. A medicinal or cosmetic composition according to any preceding claim in combination with a honey product.
8. A medicinal or cosmetic composition according to any preceding claim in combination with one or more vitamins, minerals, amino acids, enzymes, flavourings and/or Bach flower remedies.
9. A tablet or capsule for oral administration comprising a medicinal or cosmetic composition according to any preceding claims.
10. A composition for topical application comprising a medicinal or cosmetic composition according to any one of Claims 1-8.
11. The use of a medicinal composition according to any one of Claims 1-8 for the treatment of disease or physical disability or sports injuries, or for the build up and maintenance of the immune system, or for the protection against disease or pollution.
12. The use of a cosmetic formulation according to any one of Claims 1-8 for skin care and/or weight management.